Let's Cook with Nora

A treasury of Filipino, Chinese and European dishes
compiled and kitchen-tested by Nora V. Daza

IMPROVED EDITION

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A treasury of Filipino, Chinese and European dishes compiled and kitchen-tested by

Nora V. Daza

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By
NORA V. DAZA

In Loving Memory
of my Father
Alejandro J. Villanueva
the noblest man I
have ever known.

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DEDICATION

This cookbook is dedicated to my father. I saw him that last day and the moment I entered his hospital room I whispered into his ear, "Papa, I am writing an improved edition of my cookbook and I am dedicating it to you."

It may be somewhat odd as far as cookbooks go to include a memorial like this, but since this work is a little of me which I am sharing with you, I ask your kind indulgence to allow me to include here a part that is very dear to me: the memory of my father.

It was in the home of his grandparents, Estanislao Villanueva and Isabel Romualdez that my father, Alejandro-Jose Villanueva was born on May 3, 1894 in Batangas, Batangas. A much loved aunt, Luisa Villanueva cared for him, taught him how to read and write and kept a close and warm relationship with him until her death in 1965. Until Papa went to school at the age of six, he did not know his parents, Jose Villanueva and Cresenciana Reyes. His formal education continued in the province until he graduated from the Batangas High School in 1914 as Valedictorian of his class. From there, he enrolled at the University of the Philippines where he graduated five years later with a Bachelor and a Master of Science in Civil Engineering. Again, he was at the head of his class.

That same year, 1919, Papa was sent as a "pensionado" to the United States where he took a year's course in Structural Engineering at the Carnegie Institute of Technology in Pittsburg, Pennsylvania. From 1920 to 1921, he gained practical experience as a designing engineer for the Commission of Highways in Madison, Wisconsin, the American Bridge Company in Chicago and the US Steel Company in Gary, Indiana. After this short work experience, he again went back to school. This time it was Cornell University in Ithaca, New York where he took up a course in Foundations of Buildings and Bridges under Professor Henry S. Jacovey. (I mention this professor especially for I have heard my father mention him often and when I went to Cornell thirty-five years later, he wanted me to find out what became this favorite professor of his.)

Back in the Philippines, Papa was assigned to the construction of Pier 7, now Pier 13. After the completion of this project, he was asked to make a study of a highway system that would link Aparri to Jolo. It was about this time that he decided to settle down and married Encarnacion Guanzon, daughter of the then Governor of Pampanga, Olympio Guanzon. This was on September 7, 1924.

In one of Papa's writings, he says, "As I recall it, it was in 1926 with the cooperation of the Division of Highways and the support of the Secretary of Public Works Filemon Perez that we endeavored to locate ferry landings between Sorsogon and Samar, Leyte and Surigao, Zamboanga on to Basilan and on to Jolo. With this ambitious project,

I traveled thru different land and water routes and in the subsequent development and construction of Ports and Harbors, we kept this idea of a Pan Philippines Highway in mind."

One of the projects Papa considered most challenging was the construction of the retaining wall along the Dewey Boulevard, now Roxas Boulevard. At that time, he had no data on which to base his work. In his writings he said: "I could not determine the proper length of piles to be used until I had studied the behavior of the scowering process along the site of the seawall." So, he had to experiment taking two or three profiles during each season. As a child I remember hearing Papa get up in the middle of the night to visit the work being done along the seawall. I used to go with him occasionally, dressing hurriedly for he would leave me behind if I was not ready when he was. I remember the look of disappointment on his face whenever a portion of the wall gave way to the pounding waves. But Papa solved the problem and by 1941, we had a solid retaining wall along our scenic Dewey Boulevard. In fact, after the war Papa was reassigned to this project and he completed the seawall up to Tomas Claudio in 1950.

Another major project my father worked on was the construction of seven piers in the North Harbor. In fact, Engineer Antonio Villacorta told me when I asked him about Papa's work: "You can say that your father organized, began and built what is now the Manila North and Manila South Harbor. Of course, port and harbor works are a continuous thing and work goes on....." But about the work on the Manila North Harbor, my father wrote: "President Quezon expressed satisfaction when he learned that the main construction of the seven piers cost about 6 million while that of Pier 7 (Pier 13) alone cost 13 million almost ten years earlier."

In 1955, after 35 years of service, my father retired from the government as Chief of the Division of Ports and Harbors. That same year, J. Amado Araneta asked my father to join his organization as Consulting Engineer. In this capacity, he helped plan the extensive subdivision in Quezon City, worked out the plans for the structural foundation of the solid concrete dome of the Araneta Coliseum, which incidentally withstood the disastrous earthquake of August 2, 1968 without a scar, and designed a modern concrete warehouse in Pulupandan, Occidental Negros for the bulk handling of sugar.

On June 27, 1968, my father died. The day he entered the hospital on June 10, I telephoned him in his office to ask him to help me in the construction of a new restaurant I was planning. He sent me someone within two hours. I received his handwritten note and thought to myself: "I am so glad Papa can see much better now, his handwriting is almost the way it used to be." (Papa had had a successful eye operation a few months earlier).

Many of the things I have written here were only vague reminiscences for my father believed in absolute modesty. So, my sister

Angelina and I have had to dig into his work, look up his friends and colleagues to learn more about the accomplishments of the man who was our father. The knowledge that I now have about the work my father did has given special meaning to the structures he built. Now, whenever I drive along Roxas Boulevard, I recall the study and work and midnight hours that went into the building of the seawall. Whenever I hear of people taking the boat from the piers at the North or South Harbor, I wonder if Papa enjoyed the thought that his work is contributing something to our people. When I sit under the great dome of the Araneta Coliseum, I think about the hours Papa took computing the strength of materials to hold it all up.

I feel that Papa in his quiet way has given much to many people. To me, perhaps, my appreciation for good food came from the walks at dawn I took with him as a child when Papa and I went to a Chinese vegetable garden and gathered bunches of lettuce and green onions and made salads with them. Or, the times we would walk to a favorite bakery, always early in the morning, still dark, and wait until the bread was brown, while inhaling the delicious aroma of baking bread. Or perhaps, it was the fresh milk I used to sip from his cup in the morning or the roast lamb he used to prepare with such ceremony. Later when I turned to Foods as my profession, Papa would ask me to sample doughnuts he had made or a pudding or a chicken dish or a recipe he had tried from my cookbook, or from my television show.

This was the food part that my father and I shared together. But my father was first an engineer and so my sister, Angelina and I went to one time Director of Public Works Vicente Fragante. Don Vicente recounted to us many of the things included here and told us: "I never had a more considerate, more faithful, more dedicated co-worker than Alex."

Don Vicente Fragante and my father belong to that noble breed of men who did their work, did it well and found their reward in their job well done.

Papa did not make a splash when he lived and he wanted it that way. But he dug deep and he built well. As I have said, the memory of my father is as much a part of me as the recipes I am sharing with you.

Much of what we accomplish we owe to others who have helped, inspired, challenged and encouraged us. I acknowledge my debt to my father and mother, relatives and friends, teachers and colleagues.

Here, then, is an improved edition of a cookbook with a more personal touch.

NORA VILLANUEVA

P.S. I sent a copy of this dedication to my sister Angelina and she wrote back: "I read your dedication and think it's wonderful! Great!

Of course it made me shed a few tears . . . I do miss Papa too, pretty much, but really though, there's so much to be grateful for – that we were all home and had seen him before God took him, that he was so fine and good, we can all be proud of him, that he had a full life and a good worthwhile one, that he must be satisfied with it too, and that he is now happy, strong and alive with God in heaven.

A few minor things that you might want to add still: his forte was design. He designed the seven or eight piers at North Harbor and they were constructed under his direct supervision and "by administration" which saved the government a lot of money. I don't think you mentioned Agno River Control. Nor that he taught at U.P. and F.E.U. and his students still remember him . . . that during the war Papa was Provincial Engineer of Batangas. Guess there's lots more that could be said.

When I think of it – how very much aware and interested Papa was in roads and bridges. Even when almost blind, he'd inquire and kind of figure out where we were. He seemed to feel personally responsible for the roads. He'd say, "I'll have to say to so and so this roads needs to be repaired." When we went on a tour of the South in 1950 right after my graduation from High School, I got the idea that I got my picture taken only if there was some road or bridge he was interested in the background! What an active mind he had! What a good provider and protector he was – especially during the Japanese Occupation – when things were tough."

I'm sure my sister did not expect that I would add parts of her letter to this Dedication, but it shows so candidly how Papa was and how we feel about him, I just have to include it.

Yes, Papa was a good provider and a protector. I remember during the last days of Japanese Occupation, he moved us out of the house into the Good Shepherd Convent of Batangas, Batangas just as the Japanese burned the town. And when one morning we heard loud knocking at the outside heavy wooden gates of the convent, Papa ordered us to run into the fields toward the river. Later, a friend came running after us telling us to come back.

I met my father with a rifle in his hands. It was a 22 caliber rifle he used to have before the war to go hunting with which he had kept with him throughout the Japanese occupation. This in spite of the death penalty imposed on anyone caught with firearms.

Papa had that rifle in his hands and had met those who were thumping at the door with it. He thought they were the Japanese. They were Americans!

I've often thought about that day after it dawned on me that my father had stayed behind with that 22 calibre rifle to protect us from harm **with his life.**

ACKNOWLEDGEMENT

This book is the culmination of some twenty years of work with food and people.

It began in Batangas, in 1944, when my late grandmother, Doña Cresenciana Reyes de Villanueva, taught me how to market, light a native stove, and cook rice. I remember one particular evening. She tore banana leaves into one inch strips and arranged them in a circle at the bottom of the clay pot. That portion, which is often encrusted with burnt rice, was now thick and wellprotected. She said: "When you are asked who taught you how to cook rice that way . . . you can say: my lola."

Then there was my mother Mrs. Encarnacion Guanzon Villanueva who taught me how to make my first Adobo, Sinigang, Escabeche, Cocido, Butterscotch Pie, Cream Puff and Pampango Frozen Fruit Salad.

As a student of the University of the Philippines in 1948, I acquired my first formal knowledge in foods, meal planning and cooking from Mrs. Matilde de la Paz Guzman.

In 1952, at the University of the Philippines Cafeteria, where I worked under the direction of Miss Adela Cruz Fernando, I learned more about Philippine cuisine and catering.

From 1955 to 1956, at Cornell University in Ithaca, New York, Dr. J. J. Wanderstock taught me about Meats, Fish and Poultry; Prof. Myrtle Ericson, friend and landlady, who handles food courses at the hotel school, shared and continues to share with me recipes she teaches her Cornell Hotel students. Then, there was Dr. Mary K. Bloetjes, head of Institution Management at the College of Home Economics who taught me portion control, recipe standardization, kitchen layout and management.

Back in the Philippines in 1957, as judge of cooking contests held by the Manila Gas Corporation over a period of three years, I discovered the different types of Philippine cuisine as influenced by the Spanish, Chinese, American and Japanese through all the years of foreign occupation. I also learned more about Filipino food preferences.

Turning to television as an exciting medium of demonstrating different types of foods — Chinese, Spanish, Filipino, and French — proved to be a double blessing. From my TV Show, "At Home with Nora" I was able to hoard quite a collection of dishes — those which can be prepared from inexpensive easily available ingredients as well as the more elaborate ones demonstrated by friends, restaurant owners, gourmets, and professional cooks.

As Director of the Manila Gas Cooking School, with the assistance of Home Economist Melania Almazan Trinidad and cooking "afficionadas" Perla Tablante Ampil, Virginia Domingo Perez, Katherine Lim and Lina Esteban Estella, I selected, modified, checked and kitchen-tested over 500 recipes for some 3,000 students who enrolled over the four years the school was in existence.

My first experience in putting out a cookbook was when the General Milk Co. (Phil.) Inc., asked me to kitchen-test recipes, compile and organize them for publication. The result was the Liberty Milk Cookbook which was widely circulated.

And so, here finally, is a compilation of all those years of work with food and people. Classified as Filipino, Chinese and European dishes, the recipes in this book are what I consider the tastiest, most practical, nutritious, reasonably priced and popular in the Philippines.

For a more comprehensive coverage, I have included here a few color photos the production of which I had the privilege to supervise. Those on pages 51 and 82 were used in the Asia Magazine, while the rest of the pictures were printed in the Liberty Milk Cookbook.

To all my elders, mentors, colleagues, and friends — especially to Mr. William T. Hiller of General Milk Company who has always been interested in good and better food, to Mae Trinidad, Perla T. Ampil, Gregoria de Jesus and the men and women who work with me at Au Bon Vivant, I acknowledge my debt. Without them, this book would have remained what it was a long time ago — a distant possibility.

NORA VILLANUEVA

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Hors d'oeuvres & Canapes

LONGANISANG SUMSUMAN

3 k. pork
1 hd. garlic about 10 cloves, pounded
1 onion, chopped
1 tsp. salt
½ tsp. salt peter (salitre)
1 tsp. Aji-no-moto
2 tbsps. sugar
1 tsp. whole black pepper (pounded fine)
1 c. soy sauce
¼ c. vinegar
2 pcs. bay leaf
½ tsp. oregano

Remove the skin from the pork. Cut into small cubes or grind coarsely. Mix salt, salt peter, Aji-no-moto, sugar and the freshly pounded pepper. Sprinkle the mixture over the pork cubes. Add the garlic and onion. Mix. Cover and set aside in the refrigerator. Heat soy sauce and vinegar. Add bay leaf and oregano. Continue cooking till mixture boils. Cool. Remove bay leaf and oregano. Pour the soy sauce mixture over the pork cubes. Keep in a clean, tightly covered glass container, and store in the refrigerator for at least 24 hours. Put in sausage casing and store in the refrigerator. To cook longanisa add just enough water to cover longanisa in a frying pan or a kawali. Cook over a low flame and allow water to evaporate. If pork is not tender add more hot water and continue cooking. After water has evaporated, fat from the pork will be rendered and the longanisa will cook in its own fat. Fry to desired stage and serve hot.

LUMPIA SHANGHAI

½ k. lean pork, finely ground
½ k. shrimps, chopped finely
¼ k. onions, chopped finely
¼ c. soy sauce
1 tsp. Aji-no-moto
½ tsp. salt
50 pcs. lumpia wrappers
Oil for deep-fat frying

Mix thoroughly all ingredients except lumpia wrapper and oil for fry. ing. Take a heaping tablespoonful and roll in lumpia wrapper. Make a long roll about ¾ inch diameter. Cut to 2-inch pieces using very sharp knife. Deep fat fry. Serve with soy sauce and calamansi or Sweet Sour Sauce.*

Pinsec Frito

100 pcs. wanton wrappers (can be bought from Chinese noodle factory)

Place ½ tsp. Lumpia Shanghai filling into corner of wrapper, moisten edge of filling and twist wrapper to seal. Deep fat fry. Serve with Sweet Sour Sauce.*

* *Recipe for Sweet Sour Sauce p. 85.*

PORK BALLS WITH GINGER

½ k. finely ground pork
1 c. coarsely chopped water chestnuts or sincamas
¼ c. finely chopped ginger
1 egg, lightly beaten
1 tsp. salt
Cornstarch for dusting
Cooking oil for deep frying

Mix lightly all the ingredients except the cornstarch and cooking oil. Shape the mixture into bite-sized balls and dust with cornstarch. Heat the cooking oil. Deep-fry the pork balls until they are cooked through. Serve hot on toothpicks.

EMPANADITAS

Empanada Crust:

4 c. bread flour
2 tsps. salt
¼ c. sugar
¼ c. cooking oil
4 pcs. eggs
½ to ⅛ c. water
1-2 c. cornstarch to prevent dough from sticking
Oil for deep-fat frying

Sift flour, salt and sugar. Set aside. In a large bowl, place eggs. water and cooking oil. Add dry ingredients and mix thoroughly. Knead until dough is smooth and satiny. Divide dough into two portions. Cover and let rest for at least one hour.

On a work table sprinkle cornstarch. Roll out dough to form a long strip keeping the width to about 10 inches. Roll out dough until it is paper thin. Wind rolled out dough onto an 14 to 20 inch stick (a piece of bamboo does very nicely). When the dough is about four or five inches in diameter (depending on the desired size of the empanada — a larger diameter for bigger empanadas) moisten end of dough and press on rolled dough to seal. Push out dough from oiled stick and cut to ½ inch thick slices (this will look like pinwheels). Roll out each piece till almost paper thin. Place filling in the center and moisten edge with water. Fold in half, thus forming a half-moon. Crimp edge or seal with fork tines. Fry in deep hot fat. Crust should be flaky. Drain out excess fat and serve.

Note: Pie crust dough may be used instead of above recipe for the empanada

Filling:

¼ c. cooking oil
4 cloves garlic, pounded
2 onions, chopped
2-3 potatoes, cut in cubes
½ k. lean pork, ground
100 gms. ground beef
10 pcs. green olives, seeded and chopped
½ c. beef or pork stock
¼ c. raisins
2 tsps. soy sauce
1 tsp. salt
1 tsp. Aji-no-moto
Salt and pepper to taste

Heat cooking oil. Brown garlic lightly add chopped onions and cubed potatoes. Cover and allow to cook for one minute. Add ground pork and beef and the rest of the ingredients. Cover to allow meat and potatoes to cook. When meat is almost done, correct seasoning. Uncover pan and allow stock to evaporate. Drain out any excess liquid. Allow filling to cool. Use for empanada filling.

(This is a recipe I learned from a much loved grandaunt, Doña Luisa Villanueva).

CANAPES

Combine and make a spread with the following:

Egg-Onion Filling:

6 pcs. yolks, hard cooked eggs
2 tbsps. mayonaise*
1 tsp. salt
2 tsps. lemon or calamansi juice
2 tbsps. finely chopped onions

Egg-Anchovy Filling:

6 pcs. yolks, hard cooked eggs
2 tbsps. mayonaise*
2 tbsps. anchovies, mashed

Shrimps Filling:

½ c. chopped shrimps or crab meat marinated in lemon juice or French Dressing
2 tbsps. mayonaise*
¼ tsp. salt
1 tsp. mustard

Spiced Egg Filling:

6 pcs. hard cooked eggs, mashed
¼ c. mayonaise*
¼ c. sweet relish
1 can or ½ c. liver spread
Dash of hot chili sauce

CHEESE DIPS

1 clove of garlic
2 pkgs. cream cheese
2 tbsps. cream or undiluted LIBERTY MILK

Rub bowl with the garlic. Mash the cream cheese and Liberty Milk together. Add one (1) of the following; or, if you wish you may try a combination:

1 tbsp. finely chopped onions
1 tbsp. lemon juice or dayap juice with some grated rind
½ c. chopped crisp bacon
2 tsps. anchovy, mashed (wash anchovy with warm water. Add slice of lemon as garnishing.)
½ c. grated Queso de Bola and/or 2 tbsps. chopped Pimientos Morrones (canned red peppers).

Mix one or two of the above suggested ingredients to chilled cream-cheese mixture. Serve with dainty cuts of toast or crackers. I prefer to allow guests to make their own canapes as the toast or crackers get soft and soagy if prepared ahead of time. Simply prepare dips or filling and surround with buttered toast and crackers. If canapes are to be served at once, you may spread the cream mixture but butter the toast or crackers first. This helps prevent a soagy toast.

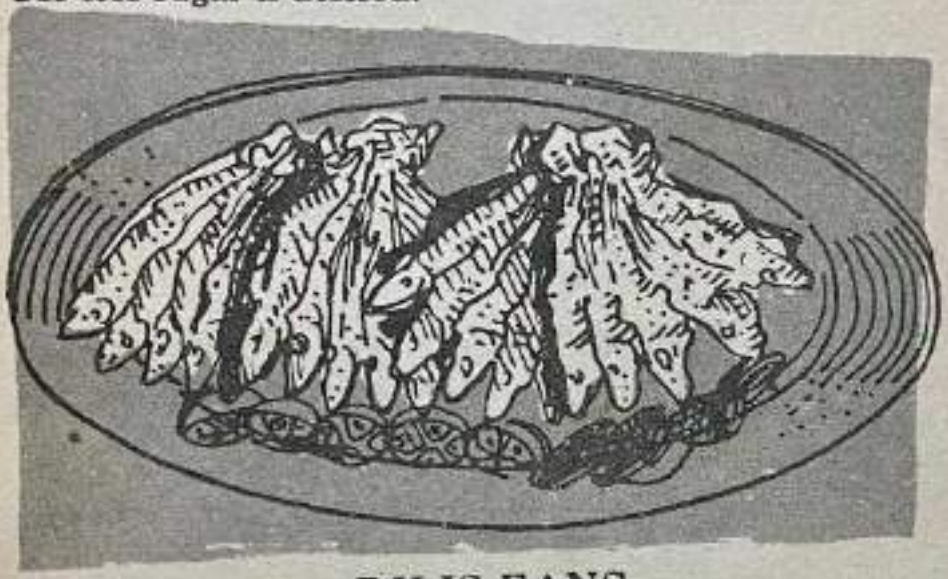
*Recipe for mayonaise page 123.

BEEF TAPA

1 k. sirloin or other tender beef cuts preferably with fat
⅛ c. brown sugar
¼ c. white sugar
1 tsp. salt peter (salitre)
2 tbsps. salt
2 tsps. Aji-no-moto

Slice beef thinly to desired size (preferably across the grain). In a bowl mix the rest of the ingredients and spread this on the meat. Allow beef to marinate for at least 24 hours in refrigerator. Fry in hot fat and serve.

Note: Use less sugar if desired.



DILIS FANS

½ k. fresh dilis, small ones are preferable

Batter:

1 c. all purpose flour
1 c. cornstarch
1½ tsp. baking powder
1 tsp. salt
¼ tsp. pepper
1 tsp. Aji-no-moto
⅔-1 c. water
1 egg, well beaten
Cooking oil for frying

Sift dry ingredients into a bowl. Blend in egg and water beating thoroughly to make a smooth batter. Set aside. Take 5 to 6 pieces of dilis and shape them into a fan, using the tail as a focal point. Dip in batter and fry in hot fat.

A better product is obtained by filleting the dilis, cutting it butterfly fashion, removing spine, dipping in the batter and frying. But it can be quite tedious.

SARDINE CANAPES

2 cans Spanish sardine in olive oil & tomato sauce
½ to 1 tsp. lemon juice
Tabasco sauce (amount depending on how hot canapes desired)
Freshly ground black pepper
Salt to taste
Sliced bread and butter

Drain oil from cans of sardines and mash contents of the two cans of Spanish sardines. Moisten with lemon juice. Add a few drops of Tabasco sauce and freshly ground pepper. Add salt to taste. Set aside. Butter fancy cut pieces of bread and toast. Cool toast. Spread sardine mixture and bake to heat thru. Serve with lemon wedges.

CHICKEN LIVER WRAPPED IN BACON

½ k. chicken liver
1 lb. sliced bacon
6 c. boiling water
1 tsp. salt
2 c. cooking oil

Drop chicken liver in boiling water to which 1 tsp. salt has been added and allow to stay only until they are firm. Drain livers. Wrap each liver with a slice of bacon and secure with a cocktail pick. Fry in hot fat till bacon is crisp. Drop into collander lined with paper towel to absorb excess. Serve hot.

SHRIMP COCKTAIL SAUCE

1 c. tomato catsup
1 tbsp. finely chopped celery
1 tbsp. finely chopped onion
½ tsp. salt
2 tbsps. olive oil (optional)
2 tsps. lemon juice
1 to 2 tsps. horse radish
1 tsp. worcestershire sauce
3 drops hot chili sauce

Combine all ingredients in a wide-mouthed bottle and shake. Chill. Shake and mix thoroughly before serving. Note: Sauce may be used for oyster cocktail.

SIOPAO

Dough:

4½ c. all purpose flour
3 tsps. yeast
1½ c. lukewarm water
4 tbsps. sugar
½ c. pork lard or vegetable shortening

Dissolve yeast in lukewarm water. When dissolved, add sugar and 2-½ c. flour to make a soft sponge. Beat thoroughly with a wooden spoon. Set aside to rise until double in bulk (about 30-40 minutes) add remaining flour and ¼ cup fat to sponge and mix well. Turn onto a slightly greased board using remaining ¼ c. fat (pork lard for greasing is preferable) and knead until smooth. Divide dough into 24 to 36 pieces depending on desired size. Form into balls. Flatten one ball of dough with the heel of the hand and put filling in the center. Gather the edges together and seal. Lay siopao on square piece of paper (sealed side under) and set aside to rise for 20 to 30 minutes.

Filling:

½ k. pork, cut into small pcs. or ground coarsely
2 onions quartered
¼ c. soy sauce
½ c. water
2 tsps. sugar
½ tsp. Aji-no moto
6 hard cooked eggs, sliced (optional)

Mix together soy sauce, water, sugar, salt, onions and pork. Cook over low fire until tender. Remove pork from sauce. Use to fill siopao. Add egg slices and steam for 30 minutes or until done. Serve left over sauce with siopao.

MARINATED PORK STRIPS

2 k. pork tenderloins
1½ c. soy sauce
3 tbsps. sugar
2 tbsps. minced onion
2 cloves garlic, minced
2 tsps. ground ginger
¼ tsp. sesame oil
2 tbsps. oil

Trim the fat from the tenderloins. Combine the remaining ingredients except the oil in a bowl. Marinate the pork in the mixture for three hours in the refrigerator, turning and basting frequently. Drain and reserve the marinade. Preheat oven to moderate (375° F.) temperature Transfer the pork to an oiled roasting pan and roast until tender, about forty-five minutes. Simmer the marinade for 10 minutes. Cut the pork into thin slices and serve on cocktail picks as an hors d'oeuvre with the marinade as sauce.

CHILI CHEESE LOG

Prepare 3 to 4 days ahead.
¾ lbs. grated cheddar cheese
1-3 oz. pkg. soft cream cheese
¼ tsp. salt
⅛ tsp. pepper
⅛ tsp. garlic salt
1½ tsps. Worcestershire sauce
Chili powder

Thoroughly combine cheeses, salt, pepper, garlic salt, worcestershire sauce. Shape into two thin logs. Sprinkle chili powder on waxed paper then roll each cheese log in the chili powder until thoroughly coated. Wrap in waxed paper and let ripen in the refrigerator for 3 to 4 days. Serve log on a board, surrounded with assorted crackers. Slice cheese log to serve.

Soups

CABBAGE ROLL SOUP

- 1 c. cooked chicken meat
- ½ c. cooked pork
- ¾ c. apulid or water chestnut, chopped
- ½ c. cooked ham, chopped
- 1 egg white
- 1 tbsp. cornstarch
- 1½ tbsps. onion, chopped
- 2 eggs plus 1 egg white, scrambled then cut in long thin strips
- 4 slices cooked ham, in long thin strips
- 5 c. hot chicken broth
- 14 large cabbage leaves
- Salt and Aji-no-moto to taste

Chop chicken and pork meat to a paste. Blend in water chestnuts and ham. Add egg white and cornstarch. onion, salt and Aji-no-moto. Blend well. Parboil cabbage leaves. Remove the midrib. On each piece of cabbage leaf, spread about 2 tbsps. of mixture, arrange ham and fried egg at the center and roll. Steam for 15 minutes, then cut into 1" pieces. Arrange compactly in a cup. Pour chicken stock. Serve seasoned with salt and Aji-no-moto.

PANCIT MOLO
Home Made Wanton Wrapper

2 c. all-purpose flour
2 eggs
2-4 tbsps. water

Make a well in flour, drop in eggs and 2 tbsps. water. Knead until dough is smooth and elastic. Roll out on floured board till paper thin. Cut into 3" x 3" squares. Set aside.

Can be bought ready made in chinese noodle factory.

Filling

¼ k. pork, ground
¼ c. chicken, cooked and chopped
1 egg
¼ tsp. pepper
⅓ c. singkamas or water chestnut, chopped finely
25 pcs. wanton wrapper
2 tbsps. spring onion, chopped

Broth

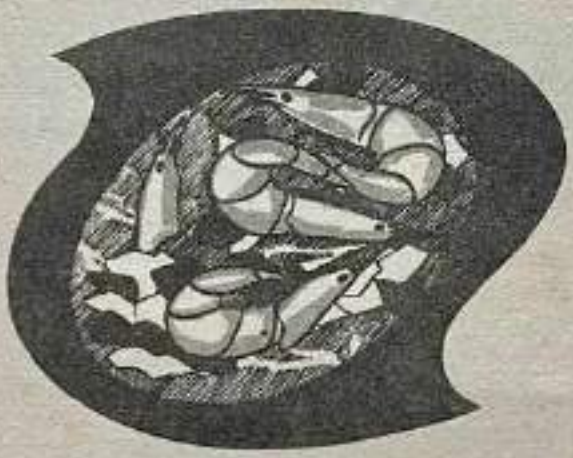
1 tbsp. cooking oil
6 cloves garlic, minced
½ onion, chopped
¼ c. shrimps, diced
1 tsp. Aji-no-moto
¼ tsp. pepper
Chopped spring onions for garnishing
6 c. chicken broth

Mix thoroughly ingredients for the filling. Wrap in wanton wrapper. Set aside. Saute garlic, onion and shrimps in hot oil. Pour in chicken broth and bring to a boil. Drop the stuffed wrapper into the broth. Season according to taste. Cover and let boil for 15 minutes. Serve hot garnished with chopped spring onions.

CHICKEN TINOLA

- 2 tbsps. cooking oil
- 4 cloves garlic, crushed
- 1 tsp. ginger, cut in strips
- ⅓ c. onion, chopped
- 1 stewing chicken weighing
- 1 kilo, cut into serving pcs.
- 1 tbsp. patis
- 10 cups rice water
- 1 small green papaya, sliced into serving pcs.
- 1 cup sili leaves (pepper leaves)
- 1 tsp. salt
- 1 tsp. Aji-no-moto

Fry the garlic in hot cooking oil until brown. Add the ginger and chopped onions. Cook until soft. Drop in pieces of chicken. Season with patis. Cover and let simmer for 5 minutes. Add the rice water, simmer until chicken is tender. Add the sliced papaya and cook until papaya is tender. Just before removing from the fire, season with salt and vetsin. Add the sili leaves. Serve hot. Serves 8.



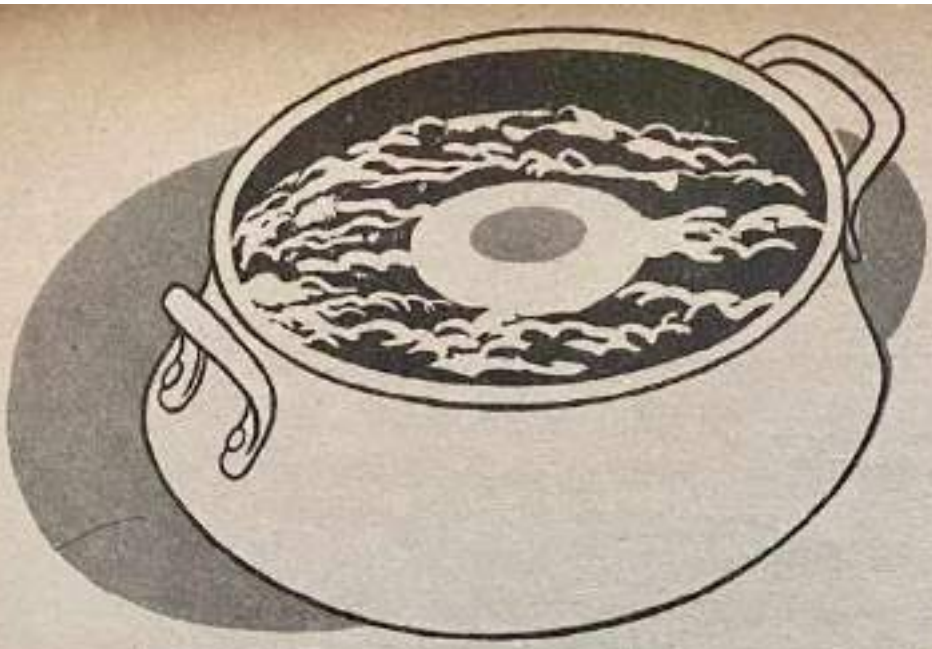
SINIGANG NA HIPON*

- ¼ c. onion, sliced
- ¼ c. tomatoes, chopped
- 10 pcs. camias**
- 6 c. rice water
- ½ k. fresh shrimps, (med-sized)
- 1 tsp. salt
- 1 tsp. Aji-no-moto
- 2 c. kangkong leaves and tender stalks (swamp cabbage)

Saute onion and tomatoes. Add the camias and cook until tender and mushy. Add the rice water. Let boil. When boiling, drop the shrimps. Season with salt and Aji-no-moto. Add kangkong and cook 2 minutes.

* *Shrimps may be substituted with fish such as lapu-lapu, apahap, talakitok. Kangkong, with vegetables such as mustasa (mustard leaves), sitaw, sigaadillas.*

** *Lemon or calamansi or green "sampaloc" can be used to sour soup.*



HO TO TAY

Filling

½ cup singcamas or water chestnut, chopped
5 pcs. dried mushroom, soaked then chopped
½ c. cooked ham, chopped
¼ c. shrimps, chopped
¼ c. green onion, chopped
2 tbsps. soy sauce
1 tsp. Aji-no-moto
½ tsp. salt
¼ tsp. pepper
1 tbsp. cornstarch
1 egg

Broth

20 pcs. wanton wrapper*
8 c. chicken broth
20 large shrimps, peeled
1 chicken breast, sliced
¼ c. lean pork, sliced
1 tbsp. cornstarch
1 egg white
1 carrot, sliced
5 pcs. dried mushroom, soaked then sliced
1 bunch Baguio pechay or chinese cabbage, cut to serving pcs.
1 c. chicharo or pea pods
pepper and Aji-no-moto

Combine all ingredients for filling together. Wrap in wanton wrapper, set aside. Boil chicken broth. Drop shrimps one at a time. Coat chicken and pork with cornstarch and eggwhite. Add to broth. Simmer until done. Add the stuffed pinsec wrappers. Simmer 5 minutes. Put in mushrooms, vegetables and season with salt, Aji-no-moto and pepper. Cook until done. Ladle hot soup to individual soup bowls break an egg and serve.

* *Recipe of Wanton Wrapper, on page 10.*

CHAWAN-MUSHI CUSTARD SOUP

½ c. cooked chicken, diced finely
2 slices bamboo shoots, diced finely
¼ c. cooked peas
2 pcs. dried mushrooms, soaked and diced
¼ tsp. Ajinomoto
2 c. chicken stock
2 eggs, beaten

Place equal amounts of chicken, bamboo shoots, peas and mushrooms, in 4 individual pyrex cups. Set aside. Blend eggs, Aji-no-moto and cold chicken stock together. Pour beaten egg mixture into cups. Place cups in a pan and pour in about 2" of boiling water into the pan. Cover and steam 20 minutes over a low fire. Serve hot.

VARIATION: Chopped cooked shrimps may be used instead of chicken. Any green leafy vegetable may be substituted for the peas.

EGG AND MUSHROOM SOUP

5 pcs. dried mushrooms
2 eggs
3-4 c. chicken stock
1½ tsps. soy sauce
1 tsp. salt
1 tsp. Aji-no-moto
½ tbsp. cooking oil

Wash mushrooms, and soak in a cup of hot water. Set aside. Beat eggs, set aside. Boil chicken stock, add mushrooms with the water in which they were soaked. Boil 5 minutes. Season with soy sauce, salt and Aji-no-moto. Stir in the cooking oil and beaten eggs. Serve hot.

CLAM CHOWDER

3 c. clams (halaan) or about
¼ c. shelled
1½ c. potatoes, diced
½ c. onion, chopped
⅓ c. bacon, cut into small pcs.
4 tbsps. margarine or butter
4 tbsps. flour
1½ c. LIBERTY MILK
1 tsp. salt
⅛ tsp. ground pepper
1 tsp. Aji-no-moto
1 c. clam broth

Wash, steam, clams (halaan). Set clam meat aside. Put diced potatoes, chopped onions and bacon in a saucepan. Add enough water to cover. Cook until potatoes are tender. Set aside. Meanwhile make thick sauce by melting 4 tbsps. margarine or butter in a saucepan. Add flour and blend well. Stir in milk and cook until thick. Combine potato mixture, white sauce, and clams. Thin mixture with clam broth. Season to taste.

From the Liberty Milk Cookbook.

RICE SOUP

¼ c. cooking oil
½ k. lean pork, diced
¼ k. shrimps, diced
5 pcs. sea cucumber, in strips
8 c. chicken stock
5 pcs. dried mushroom, soaked then cut in strips
3 stalks leeks, cut in ½" pcs.
2 pcs. bamboo shoots, diced
¼ c. soy sauce
1 tbsp. rice wine
1 tbsp. sugar
2 tsps. salt
2 tsps. Aji-no-moto
3 tbsps. cornstarch dispersed in ¼ c. water
½ tsp. sesame oil
1 large pc. burnt rice (tutong) or
1 c. cooked rice, dried in the oven & fried*

Saute pork meat, shrimps and sea cucumber in hot oil. Add to stock and boil. Drop the mushrooms, leeks, bamboo shoots, soy sauce, rice wine, sugar, salt and Aji-no-moto. Thicken with cornstarch. Flavor with sesame oil. Fry burnt rice or dried cooked rice till it puffs. Serve soup topped with puffed rice.

* *Burnt rice (tutong) found at bottom of pot can be used. Dry it and fry.*

CORNED BEEF WITH ASPARAGUS SOUP

2 cloves garlic
1 onion, chopped
4 pcs. ripe tomatoes, chopped
⅔ c. or ½ can corned beef
4 c. broth or water
6 pcs. asparagus, cut into ½" pcs.
1½ tsps. salt
1 tsp. Aji-no-moto

Saute garlic, onions and tomatoes in oil. Add corned beef and broth. Simmer, and drop asparagus. Simmer 3 minutes more and season. Serve hot.

CREAM OF CHICKEN SOUP

¼ c. onion, finely chopped
2 tbsps. butter
3 tbsps. flour
1 tsp. salt
⅛ tsp. pepper
3 c. chicken broth
1 c. LIBERTY MILK
½ c. cooked chicken, diced
Parsley, chopped

Saute onion in butter. Blend in flour, salt and pepper. Cook over low heat, stirring constantly, until smooth and bubbly. Stir in chicken and chicken broth. Bring to a boil. Boil 1 minute stirring occasionally. Remove from heat. Gradually stir in LIBERTY MILK. Heat to a serving temperature. (Do not boil). Garnish with chopped parsley.

From the Liberty Milk Cookbook.

FRESH CORN SOUP

2 tbsps. cooking oil
2 cloves garlic, chopped
1 onion, chopped
100 gms. fresh shrimps, chopped
4 c. shrimp juice or water
1 c. young corn, grated
1 tsp. salt
1 tsp. Aji-no-moto
2 c. young pepper leaves

Saute garlic and onions in oil. Add shrimps and shrimp juice. Combine corn and simmer until tender. Season salt and Aji-no-moto. Add young pepper leaves 3 minutes before removing from fire.

CLAM CHOWDER

3 c. clams (halaan) or about
¼ c. shelled
1½ c. potatoes, diced
½ c. onion, chopped
⅓ c. bacon, cut into small pcs.
4 tbsps. margarine or butter
4 tbsps. flour
1½ c. LIBERTY MILK
1 tsp. salt
⅛ tsp. ground pepper
1 tsp. Aji-no-moto
1 c. clam broth

Wash, steam, clams (halaan). Set clam meat aside. Put diced potatoes, chopped onions and bacon in a saucepan. Add enough water to cover. Cook until potatoes are tender. Set aside. Meanwhile make thick sauce by melting 4 tbsps. margarine or butter in a saucepan. Add flour and blend well. Stir in milk and cook until thick. Combine potato mixture, white sauce, and clams. Thin mixture with clam broth. Season to taste.

From the Liberty Milk Cookbook.

RICE SOUP

¼ c. cooking oil
½ k. lean pork, diced
¼ k. shrimps, diced
5 pcs. sea cucumber, in strips
8 c. chicken stock
5 pcs. dried mushroom, soaked then cut in strips
3 stalks leeks, cut in ½" pcs.
2 pcs. bamboo shoots, diced
¼ c. soy sauce
1 tbsp. rice wine
1 tbsp. sugar
2 tsps. salt
2 tsps. Aji-no-moto
3 tbsps. cornstarch dispersed in ¼ c. water
½ tsp. sesame oil
1 large pc. burnt rice (tutong) or
1 c. cooked rice, dried in the oven & fried*

Saute pork meat, shrimps and sea cucumber in hot oil. Add to stock and boil. Drop the mushrooms, leeks, bamboo shoots, soy sauce, rice wine, sugar, salt and Aji-no-moto. Thicken with cornstarch. Flavor with sesame oil. Fry burnt rice or dried cooked rice till it puffs. Serve soup topped with puffed rice.

* *Burnt rice (tutong) found at bottom of pot can be used. Dry it and fry.*

CORNED BEEF WITH ASPARAGUS SOUP

2 cloves garlic
1 onion, chopped
4 pcs. ripe tomatoes, chopped
⅔ c. or ½ can corned beef
4 c. broth or water
6 pcs. asparagus, cut into ½" pcs.
1½ tsps. salt
1 tsp. Aji-no-moto

Saute garlic, onions and tomatoes in oil. Add corned beef and broth. Simmer, and drop asparagus. Simmer 3 minutes more and season. Serve hot.

CREAM OF CHICKEN SOUP

¼ c. onion, finely chopped
2 tbsps. butter
3 tbsps. flour
1 tsp. salt
⅛ tsp. pepper
3 c. chicken broth
1 c. LIBERTY MILK
½ c. cooked chicken, diced
Parsley, chopped

Saute onion in butter. Blend in flour, salt and pepper. Cook over low heat, stirring constantly, until smooth and bubbly. Stir in chicken and chicken broth. Bring to a boil. Boil 1 minute stirring occasionally. Remove from heat. Gradually stir in LIBERTY MILK. Heat to a serving temperature. (Do not boil). Garnish with chopped parsley.

From the Liberty Milk Cookbook.

FRESH CORN SOUP

2 tbsps. cooking oil
2 cloves garlic, chopped
1 onion, chopped
100 gms. fresh shrimps, chopped
4 c. shrimp juice or water
1 c. young corn, grated
1 tsp. salt
1 tsp. Aji-no-moto
2 c. young pepper leaves

Saute garlic and onions in oil. Add shrimps and shrimp juice. Combine corn and simmer until tender. Season salt and Aji-no-moto. Add young pepper leaves 3 minutes before removing from fire.

LENTIL SOUP

1 pc. beef bone
1 ham bone, cracked
1½ c. lentils
4 c. water
2 stalks celery, sliced
2 carrots, sliced
1 tsp. salt
¼ tsp. pepper
3 sprigs parsley
2 tbsps. butter
2 medium-sized onions, thinly sliced
1 can frankfurters, cut diagonally
½ tsp. Aji-no-moto

In a deep pot or kettle, place the beef bone, ham bone, lentils and water. Cover and bring slowly to a boil. Remove scum. Add the celery, carrots, salt, Aji-no-moto, pepper and parsley. Simmer for an hour or until lentils are tender. Remove from heat, take out beef and ham bone. Force mixture into a coarse sieve and return to the pot. Set aside. Melt butter in a skillet. Add onions and frankfurters. Cook gently until onions are transparent. Add to soup and cook 10 minutes or until boiling. Serve hot.

SOPA DE ASPARAGUS CON PICADILLO DE GALLINA

chicken broth
salt to taste
Aji-no-moto
water from can of asparagus
3 tbsps. cornstarch, dispersed in ⅓ cup water
6 pcs. asparagus, cut into 1" pcs.
1 chicken breast, (raw) chopped to a paste
2 eggwhites
2 tbsps. cooked ham, finely chopped

Boil bony part of chicken in 6 cups water until broth is tasty. Season with salt and Aji-no-moto. Add water from asparagus. Thicken stock with cornstarch. Add asparagus tips. Bring to a boil, then remove from fire. Mix chopped chicken breast and eggwhites. Add to hot stock while stirring briskly. Sprinkle with finely chopped ham. Serve immediately.

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SOUP SALAD OR GAZPACHO

1½ c. canned pork and beans
1 bouillon cube, dissolved in
1 c. water
1 clove garlic, mashed
2 tbsps. olive oil
1 pc. chorizo de bilbao or Spanish sausage, sliced
1 c. cucumber, diced
1 c. green pepper, diced
1 c. ripe tomatoes, diced
1 c. croutons

Puree pork and beans with bouillon water. Set aside. Brown the garlic in olive oil. Drop pieces of chorizo de bilbao. Add the puree of pork and beans. Cook until slightly thickened (about 20 minutes). Serve with the fresh vegetables and croutons.

SOPA DE MARISCOS

The head and fillet of
lapu-lapu or any
white-meat fish
3 cups water
1 onion, quartered
1 pc. leek, in ¼" pcs.
4 pcs. alimasag (crabs)
30 pcs. halaan (clams)
¼ k. squid
¼ k. medium-sized shrimps
1 tbsp. parsley, chopped
¼ c. olive oil
1 c. onion, chopped
1 c. tomato sauce
salt and pepper to taste
1 tsp. sugar
¼ c. olive oil
2 cloves garlic, crushed
1 French bread, in squares
2 tbsps. rice, uncooked
salt and pepper to taste
2 hard cooked eggs, sliced

Boil fish head and fillet with water, onion and leeks. Evaporate until 2 cups of stock remains. Strain stock and set aside. Cut fish into chunks. Set aside. Boil crabs, pick meat, set aside. Boil clams, remove meat from shell. Reserve clam broth. Set aside. Clean squids and slice into ½" rings. Set aside. Clean and devein shrimps. Set aside. Saute onion and tomato sauce in olive oil. Simmer 1 minute and season with salt, pepper and sugar. Set aside. In a saucepan, heat olive oil and brown the garlic. Remove and fry bread. When crisp set aside. Add rice, squids and shrimps. Cook 1 minute. Pour in fish broth and let cook until rice, shrimps and squids are done. Put in the fish, clams, crabs and tomato sauce. Mix everything well and add more broth (clams) if necessary. Season with salt and pepper. Add croutons. Transfer to a serving casserole. Garnish with hard cooked eggs and parsley. Serve hot.

ONION SOUP

2 tbsps. butter or margarine
1 tsp. sugar
¼ tsp. prepared mustard
2 c. onions, sliced
4 c. hot water
3 pcs. bouillon cubes
4 slices French bread
1 c. grated cheese (Gruyere or Swiss)

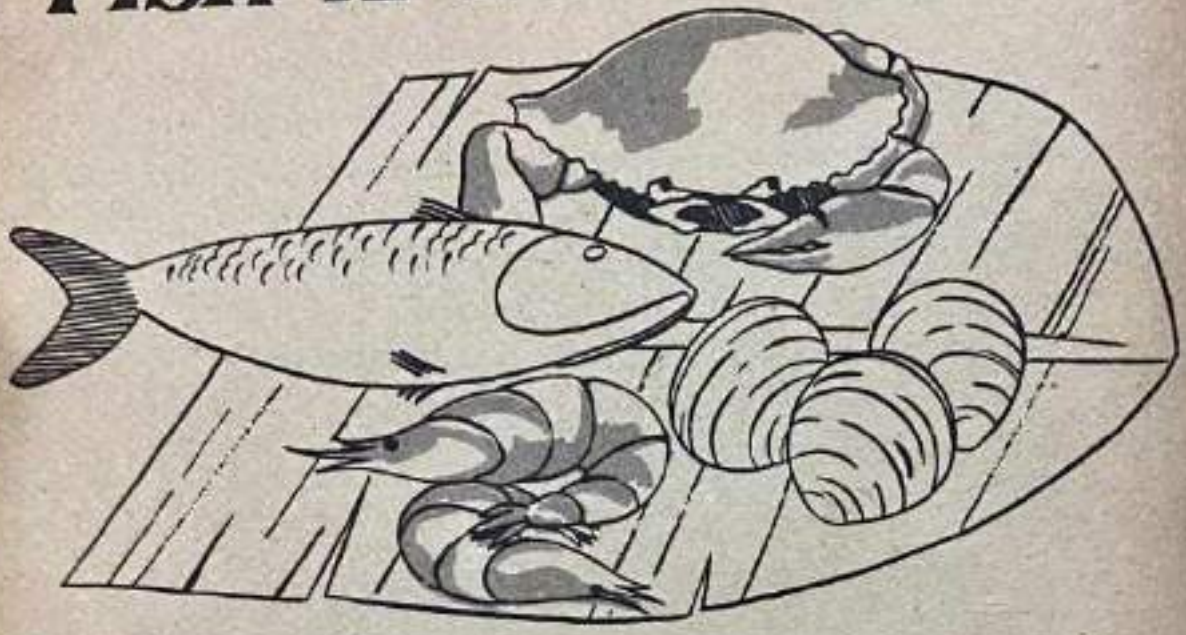
Melt butter or margarine in a saucepan. Blend in sugar and mustard. Add onions, cook over low heat, stirring constantly for about 15 minutes or until tender but not brown. Pour in water and bring to boiling point. Drop in and dissolve the bouillon cubes. Simmer, uncovered about 15 minutes. Pour into individual heat-proof serving bowls. Top with slices of bread, and sprinkle with cheese. Broil 2-3 minutes, or until cheese melts to a golden brown.

SOPA DE AJO

5 segments garlic, crushed
¼ c. olive oil
2 slices bread, cut in cubes
6 c. chicken or beef broth
3 eggs, beaten
2 tsps. Aji-no-moto
salt to taste

In a saucepan, saute garlic in olive oil. In the same oil, fry bread. Set aside. Remove 2 tbsps. oil. Return the garlic in the saucepan and pour 6 cups broth. When it begins to boil, stir in beaten eggs. Season according to taste. Just before serving, drop in the fried bread or croutons.

Fish 'n' Sea Foods



BANGUS EN TOCHO

1 med.-sized bangus about ½ kilo
¼ c. cooking oil for frying fish
1 cake tokua or beancurd, cut into ¾" x ½" pc.
1½ tsps. ginger, in strips
2 cloves garlic, chopped fine
1 med. onion, sliced
6 med.-sized tomatoes, chopped fine
2 tbsps. tajure
2 tbsps. tausi (salted black soy beans)
3 tbsps. vinegar
sugar to taste
3 tbsps. cooking oil for sauteing
½ tsp. Aji-no-moto

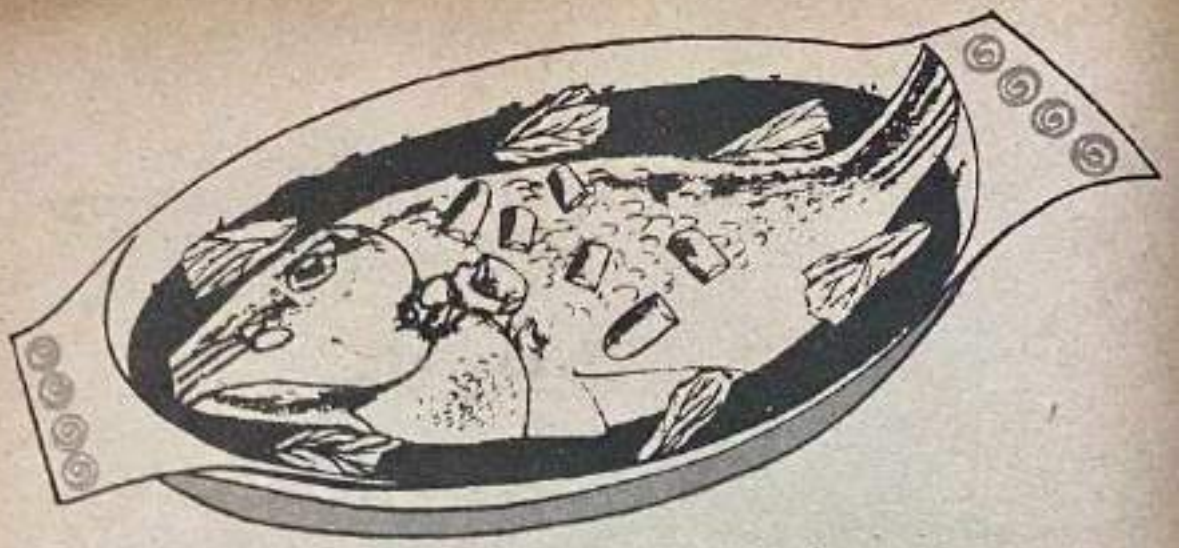
Clean fish, cut in pieces 1" thick. Salt and let stand 15 minutes Drain. Fry in cooking oil until brown. Set aside. Fry tokua. Se aside. Saute garlic, onion, tomatoes and ginger. Add the tajure whic has been dissolved in 1 cup of water, then the tausi, fried tokua, vine gar, Aji-no-moto and sugar to taste. Boil 5 minutes longer. Do no stir. Drop in fish and continue cooking 10 minutes more. Serve hot Serves 6.

BANGUS SARDINES A LA ARSENIO LACSON*

A pressure cooker (size — about 4 quarts)
1 k. bangus (20 to 30 pcs. to a kilo is about the right size)
4 pcs. hot chili peppers (siling pasiti)
½ c. sweet mixed pickles
½ c. green olives
2 c. olive oil
½ c. soy sauce
¾ c. brandy
1 tsp. salt
1 tsp. Aji-no-moto
1 tsp. whole peppercorns
1 pc. bay leaf (laurel)

Clean bangus without removing scales. Place rack into the pressure cooker and arrange bangus in layers. Pour in the rest of the ingredients. Cover pressure cooker and allow mixture to boil until a steady stream of steam flows out of vent. Place pressure control on vent and allow to cook under pressure for one hour. Allow to cool before removing bangus from cooker. Bangus will be easier to handle. Entire bangus should be edible and is delicious as hors d'oeuvre or served with rice.

**Recipe given by Oscar Santos thru Rosie Valencia.*



PESANG DALAG OR BACOCO

1 med.-sized dalag or bacoco
2 cloves garlic
1" pc. ginger, crushed
1 onion, quartered
2 tbsps. cooking oil
6 c. rice water
¼ tsp. peppercorn
1 small head cabbage
2 pcs. chayote
2 bunches pechay
2 stalks green onions
salt to taste
2 tbsps. patis or fish sauce

Clean then dip the fish in boiling water with 2 tbsps. vinegar. Remove dark skin with a knife (in case of dalag). Cut into serving pieces. Season with salt. Saute garlic, onion and ginger in hot cooking oil. Add the fish and pour in the rice water. Boil for 2 minutes. Add the peppercorn and the rest of the ingredients. Avoid overcooking the vegetables. Season to taste. Prepare the Misu-Tomato Sauce.

Misu-Tomato Sauce

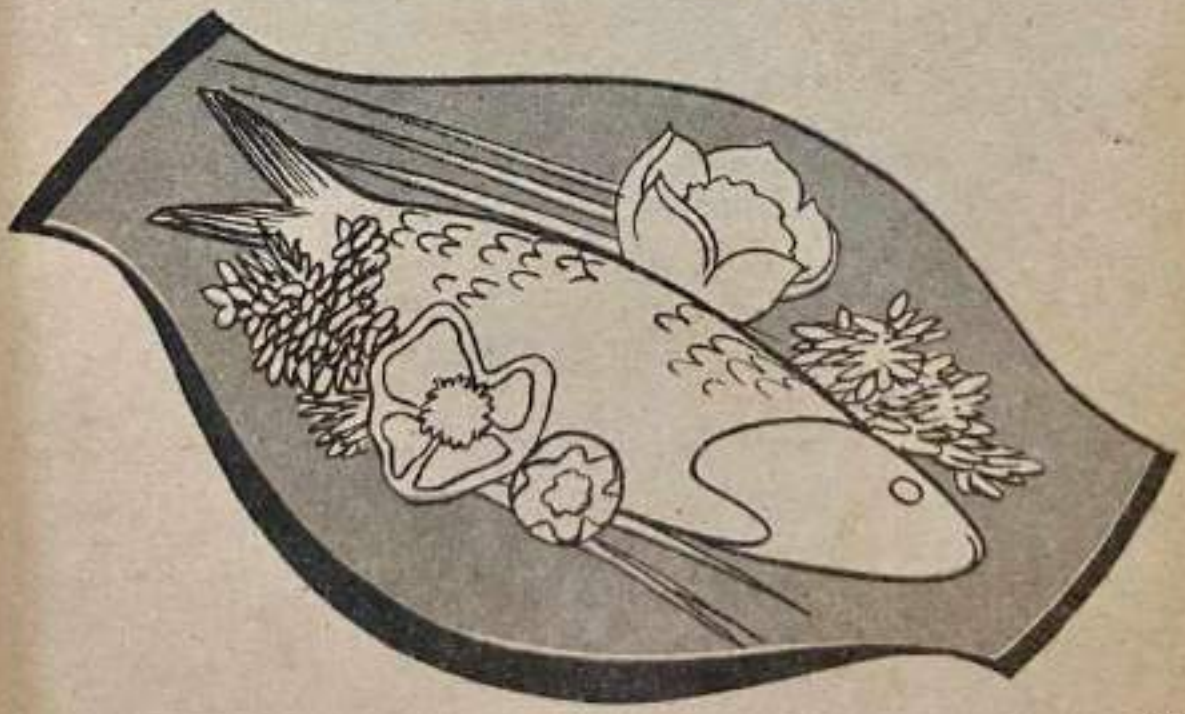
1 tbsp. cooking oil
2 cloves garlic, crushed
1 small onion, chopped
4 tomatoes, chopped
2 tbsps. misu
salt to taste

Saute garlic in oil until brown. And the onions and tomatoes. Cook 3 minutes then add misu and mash mixture. Add stock from pesang dalag as needed. Cook 3 minutes more. Season with salt. Serve with Pesa.

RELLENONG BANGUS

- 1 med.-sized bangus or milkfish (about 800 gms)
- 1 tbsp. soy sauce
- 1 tbsp. calamansi or lemon juice
- ⅛ tsp. pepper
- pinch of salt
- ¼ c. water
- 2 tbsps. cooking oil
- 2 cloves garlic, crushed
- 1 onion, finely chopped
- ⅓ c. tomatoes, finely chopped
- 1 tsp. salt
- ⅛ tsp. pepper
- 1 tbsp. butter or margarine
- ⅓ c. peas, drained
- ¼ c. raisins
- ¼ c. potatoes, diced finely then fried
- 2 eggs, beaten
- ½ c. flour
- ½ c. cooking oil

Clean fish. Pound to soften. Slit back to open and remove backbone. Scrape meat with a spoon or knife. Keep skin in 1 piece. Soak skin in mixture of calamansi juice, soy sauce and pepper. Set aside. Boil bangus flesh with pinch of salt and ¼ cup water, until color changes. Set aside. Drain. Pick bones. Saute garlic, onion and tomatoes in hot oil. Add fish and season. Cook 5 minutes. Remove from fire. Put in margarine, peas, raisin, fried potatoes, and eggs. Mix thoroughly. Stuff fish skin with mixture and sew opening. Dredge in flour and fry until brown. Arrange on a platter, garnish with kinchay, or Chinese celery, tomatoes, and slices of lemon.



ADOBONG PUSIT

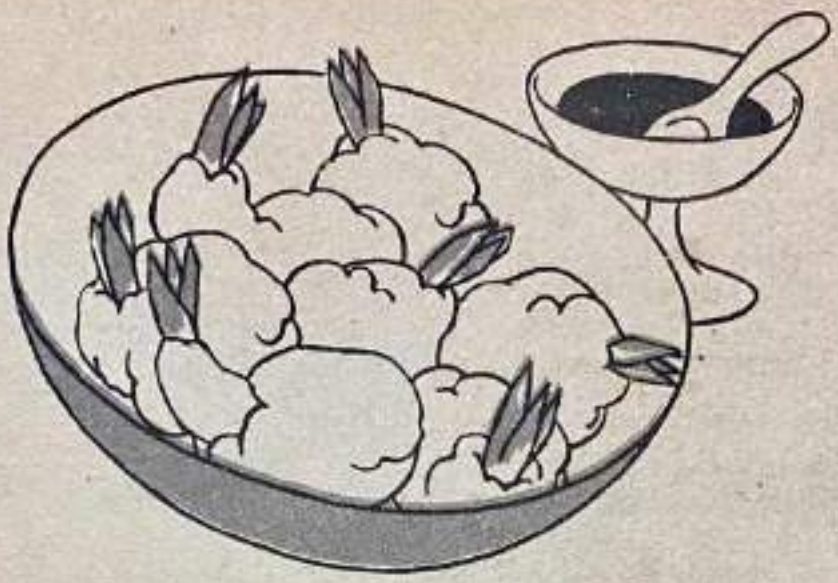
½ k. fresh squids
½ head garlic, minced
½ c. native vinegar
¼ c. water
1 tsp. salt
½ c. squid broth
1 onion, chopped
6 tomatoes, chopped, (optional)
½ tsp. salt
1 tsp. Aji-no-moto

Boil squid in garlic, vinegar, water and salt. When tender, take out squid and remove membrane, eyes and stomach. Set ½ cup broth aside. Cut squid into 1" pieces. Set aside. Saute garlic, onion and tomatoes in oil. Add squid's broth. Season with salt and Aji-no-moto.

LAING

½ kilo shrimps, chopped finely
2 small young coconuts, grated
1 onion, chopped
1 tsp. salt
10-15 pcs. wilted gabi leaves
1 c. thin coconut milk
1 c. thick coconut milk
2 pcs. siling labuyo or hot pepper

Combine shrimps, coconut and onion. Season with salt. Chop. Wrap by tablespoons in gabi leaves. Arrange in an earthenware pot and pour thin coconut milk over wrapped mixture. Cover and simmer over low flame, shaking pot once in a while to avoid burning. When almost done, add the thick coconut milk and sili. Continue cooking until sauce is thick.



SHRIMP REBOSADO

½ k. medium-sized shrimps

Marinade

⅓ c. native vinegar
10 peppercorn, crushed
4 cloves garlic, crushed
½ tsp. salt

Batter

¾ tsp. salt
1 tsp. baking powder
1 c. all-purpose flour
¼ c. water
¼ c. LIBERTY MILK
¼ tsp. black pepper
1 tsp. Aji-no-moto
2 tbsps. atsuete or anato seeds water (2 tbsps. water in 1 tbsp. atsuete)
1 egg, well beaten

Marinate shrimps in native vinegar, peppercorn, garlic, and salt. Cover. Place in cool place for 1-2 hours. Sift together salt, baking powder and flour. Set aside. Combine ¼ cup of water, ¼ cup milk. black pepper, Aji-no-moto, atsuete water and eggs. Pour milk-egg-atsuete mixture into flour mixture gradually while stirring constantly. Beat until smooth. Drain shrimps. Dip marinated shrimps in batter one by one and deep-fat fry. Serve hot with catsup or Sweet Sour Sauce*. Serves 6.

* *Recipe for Sweet Sour Sauce 1, on page 85.*

CAMARRON CON PELLEJO

6 pcs. prawns
2 tbsps. white wine
¼ tsp. ginger juice
2 tsps. salt
⅛ tsp. pepper
¼ c. flour
4 tsps. worcestershire sauce
½ c. tomato catsup
¾ c. water
½ c. green pepper, diced
½ c. red pepper, diced
¼ c. spring onion, sliced ¼" long
1 onion, sliced
2 tomatoes, diced

Cut prawns in diagonal 2" pieces. Season with white wine, ginger juice salt and pepper. Dredge in flour. Let stand 20 minutes. Fry in hot cooking oil until crisp. Put prawns into a saucepan. Add worcestershire sauce, tomato catsup, water, green and red pepper, spring onion, sliced onion and tomatoes. Cover and simmer until done.

LAPU-LAPU WITH TAUSI

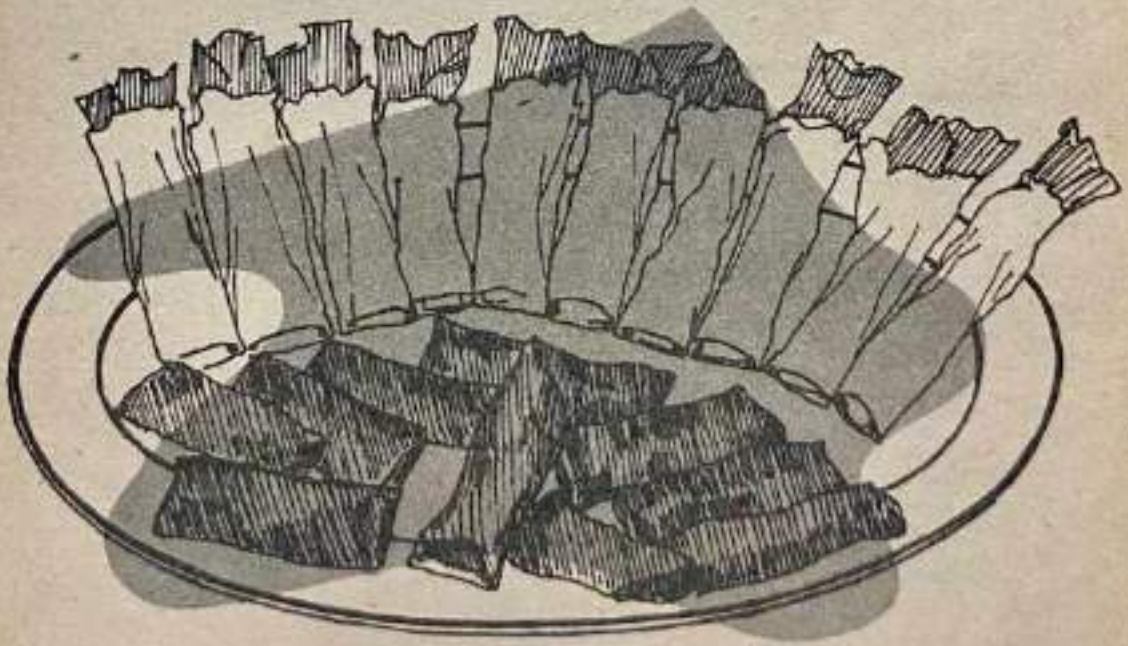
Fillet of Lapu lapu or any white meat fish (500 gms)
½ c. yellow tausi (yellow fermented soy beans)
1 tsp. fresh ginger, chopped
4 pcs. tokwa or soy bean curd, in ½" cubes
½ c. taingang daga or black wood ear, soaked in water
3 onions, sliced
3 tomatoes, sliced
½ c. all purpose flour
3 cloves garlic, crushed
2 tbsp. soy sauce
cooking oil for frying
2 tsps. cornstarch dispersed in 1 tbsp. water

Cut fish fillet into serving pieces. Roll in flour then fry till half done. Set aside. Fry tokwa. Set aside. Saute garlic, ginger, onions and tomatoes. Add ½ tausi, 1 cup water, taingang daga and cook for one minute. Drop in half fried fish and tokwa. Add the rest of the tausi and 2 tbsps. of soy sauce. Thicken with cornstarch dispersed in water. Cook until done.

SHRIMP ROLLS

1-2 tbsps. sugar
¼ c. soy sauce
2 tbsps. worcestershire sauce
1 tsp. salt
1 tsp. white wine
2 tbsps. calamansi or lemon juice
½ k. medium-sized shrimps
15 pcs. lumpia wrapper or egg roll
½ medium-sized carrot, in 2" pieces
1 bunch green onion, in 2" pieces

Prepare marinade by combining sugar, soy sauce, worcestershire sauce, white wine and calamansi or lemon juice. Shell shrimps, leaving tails. Devein. Wrap shrimps with 2-3 strips each of carrot and spring onion in lumpia wrapper. Roll. Seal with cornstarch paste. Deep fat fry. Serve hot.



SHRIMPS-SHANTUNG STYLE

¼ c. cooking oil
2 tsps. ginger, sliced
3 tbsps. tomato catsup
1 tbsp. white wine
½-1 tsp. sugar
¼-1 tsp. hot chili sauce
¼ tsp. salt
½ k. medium-sized shrimps, deveined
¼ c. shrimps juice
* To get shrimp juice, pound the heads of the shrimps and strain.

Heat cooking oil and fry ginger slices. Add the tomato catsup and allow to cook for a while. Measure in wine, sugar, hot chili sauce, and salt. Put in shrimps, toss till half done. Pour in shrimp juice, stir continuously while adding. Continue cooking until shrimps are just done. Garnish with wansuey. Serve hot.

RELLENONG HIPON

15 pcs. large shrimps (about 1 kilo)
¼ c. ground pork
⅓ c. cooked ham, chopped
3 tbsps. dried mushrooms, soaked then chopped
3 tbsps. spring onions, chopped
2 tbsps. carrots, chopped
1 egg
¼ tsp. salt
½ tsp. Aji-no-moto
¼ k. untosinsal or leaf lard

Peel shrimps leaving the tail intact. Slit the back and devein. Wash well and drain. Mix the ground pork, ham, mushrooms, spring onions, Carrots, egg, salt and Aji-no-moto. Lay the shrimps on a piece of untosinsal. Top with a teaspoonful of the stuffing and wrap with untosinsal. Dip in batter and deep fat fry. Serve hot with Sweet Sour Sauce*.

Batter

¼ c. flour
⅓ c. cornstarch
2 eggs, slightly beaten
2 tbsps. LIBERTY MILK
½ tsp. salt

Combine flour and cornstarch. Blend in eggs and milk. Beat until smooth. Season with salt.

* *Recipe for Sweet Sour Sauce 1, on page 85.*

FILLET OF SOLE WITH LEMON BUTTER SAUCE

4 pcs. fillet of sole
½ tsp. salt
¼ tsp. pepper
1 tsp. lemon juice
¼ c. flour
¼ c. butter

Lemon Butter Sauce

½ c. butter, melted
1 tbsp. lemon juice
1 tbsp. parsley, chopped

Combine ingredients for sauce. Set aside, keep hot. Season fillet with salt, pepper, and lemon juice. Dredge lightly in flour. Brown gently in butter. Arrange in a platter and pour Lemon Butter Sauce. Serve hot.

SHRIMP TOAST

½ k. shrimps, minced
1 tsp. ginger juice
1 tsp. white wine
1 tsp. salt
1 egg white
½ tsp. MSG
1 tsp. cornstarch
6 slices bread, trimmed and quartered
2 tbsps. chopped ham
2 tbsps. chopped parsley
cooking oil for deep frying

Mix first 7 ingredients together. Spoon a heaping tbsp. of shrimp mixture on each square of bread. Sprinkle with chopped ham and parsley. Heat cooking oil and deep fat fry bread squares, first with shrimp mixture down, then with bread side down. Fry until bread turns golden. Remove from oil and serve hot.

TEMPURA

½ k. fresh shrimps
1 c. all-purpose flour, sifted
1 c. water
1 egg, slightly beaten
¼ tsp. salt

Shell shrimps, slit the back and open butterfly fashion. Devein and wash thoroughly. Dry. Set aside in a cool place. In a bowl prepare the batter by combining water, egg, flour and salt Stir 5 times. Mixture should be lumpy. Dip shrimps in the batter and deep fat fry. Serve hot with Tempura Sauce.

Tempura Sauce

½ c. hot water
1 pc. bouillon cube
2 tbsps. soy sauce
1 tbsp. sugar
½ tsp. Aji-no-moto
1 tsp. ginger, grated
2 tbsps. radish, grated

Combine all ingredients together and serve with tempura.

FISH WITH BREAD SAUCE

8 slices loaf bread, trimmed
1 c. hot water
Fish heads and bones
2 c. water
1 tsp. salt
½ lb. butter
2 egg yolks
2 tsps. parsley, chopped
4 fillet of any white meat fish
2 tsps. salt
¼ c. white wine

Soak bread in hot water. Cool, then squeeze out excess liquid. Set aside. In a saucepan, combine the fish heads and bones, water and salt. Boil until only ½ cup of stock remains. Strain and set aside. Cream butter. Blend in yolks, parsley and bread. Set aside. Lay fish fillet on a greased baking dish. Sprinkle with salt. Pour in white wine and stock. Top with bread mixture. Bake at 375°F. for 20 minutes or until done. Serve hot.

SHRIMPS WITH SWEET PEAS

½ k. medium-sized fresh shrimps
½ c. cooking oil
6 pcs. dried mushrooms, soaked then diced
½ c. bamboo shoots, diced
2 tsps. soy sauce
1 tsp. Aji-no-moto
1 tbsp. oyster sauce
1 tbsp. rice wine
1 c. cooked sweet peas
1 tbsp. cornstarch dispersed in 2 tbsps. water

Shell and devein shrimps. Rinse thoroughly, dry on a towel. Heat ¼ cup oil in pan. Saute mushrooms and bamboo shoots. Season with soy sauce, Aji-no-moto, oyster sauce and rice wine. Stir in shrimps and sweet peas. Cook 2 minutes. Thicken with cornstarch. Serve immediately.

FISH STICKS – ITALIAN STYLE

¼ c. all-purpose flour
1 tsp. salt
¼ tsp. pepper
½ k. fish fillet of any white meat fish, in sticks 1" x 3"
1 egg, slightly beaten
1 tsp. LIBERTY MILK
1 tsp. parsley, chopped
⅓ c. grated cheese
½ c. olive oil or cooking oil

Measure flour, salt and pepper in a paper or plastic bag. Put in fish sticks, 2-3 pieces at a time and shake. Combine eggs, LIBERTY MILK and parsley. Dip floured fish sticks into this mixture, then roll in grated cheese. Brown in olive oil. Serve hot.

FISH WITH LIBERTY SAUCE

1 medium-sized bangus, about 900 gms.
3 big tomatoes, chopped
½ c. spring onions, chopped
1 tsp. salt
1 c. LIBERTY MILK
1 tbsp. calamansi juice or 1 tbsp. vinegar
margarine or shortening
banana leaf

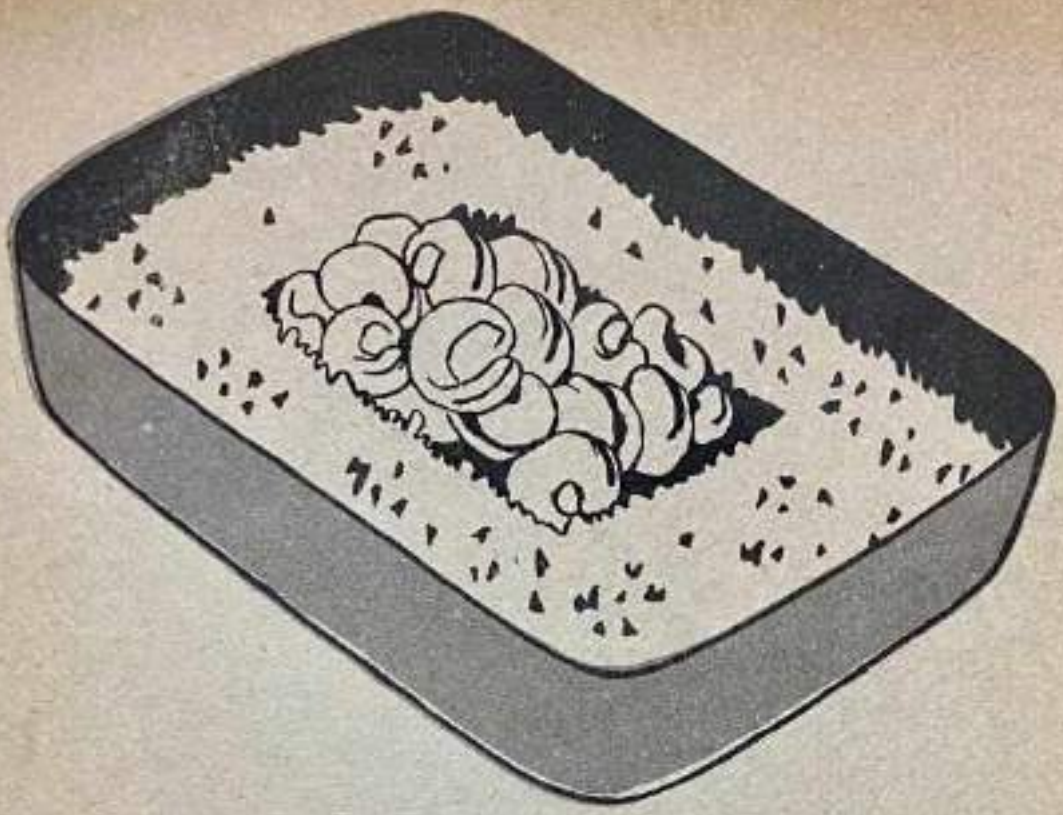
Clean fish. Do not remove scales. Slit at the back, remove intestines and gills. Set aside. Chop tomatoes and green onions. Put them in a bowl and pour the milk. Season with salt. Add calamansi juice or vinegar and strain the mixture. Set milk aside to be used for sauce. Stuff the fish with the onion-tomato mixture. Dot with 1 tbsp. margarine, then wrap in banana leaf. Bake at 375°F. for 30 minutes. Remove wrappings, brush with 1 tbsp. margarine, bake 20 minutes more. Put in a platter, garnish with tomato slices and spring onion. Serve with the sauce. Makes 6 servings.

Sauce

1 c. LIBERTY MILK strained*
½ tsp. Aji-no-moto
2 tbsps. margarine

Combine above ingredients in a saucepan. Cook over low flame until thick. Serve with the fish.

* *Liberty Milk strained from tomatoes, onions and calamansi.*



GAMBAS

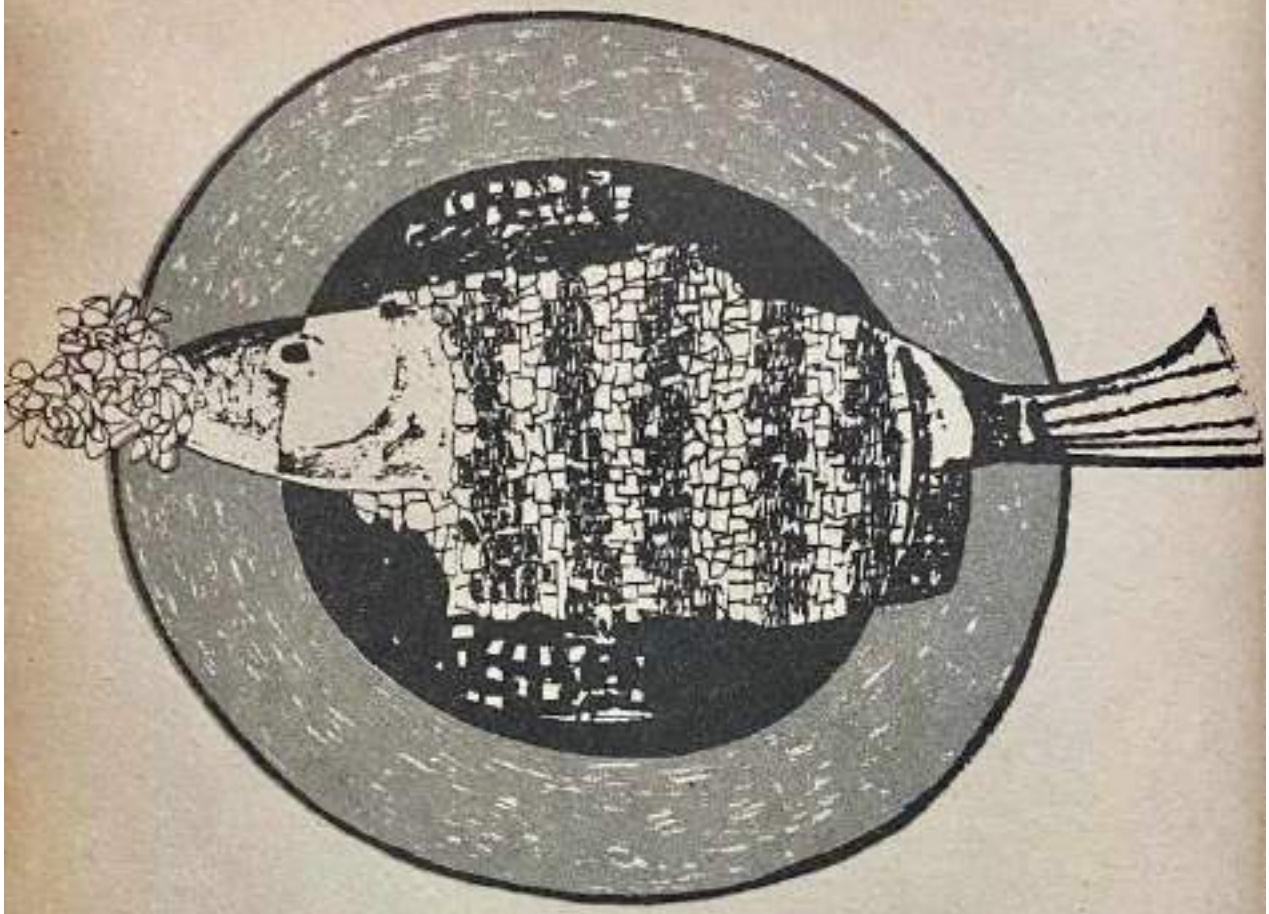
½ k. med. sized live shrimps
5 cloves garlic, chopped fine
¼ c. olive oil or cooking oil
Dash of hot chili sauce
1 tbsp. lemon juice or calamansi juice
½ c. white wine
1-2 tbsp. bread crumbs
Green olive for garnishing

Prepare Spanish Tomato Sauce. Set aside. Shell and devein shrimps. Set aside. Brown garlic in olive oil. Drop shrimps, toss until pink. Add lemon juice, wine, and hot chili sauce. Spoon 2 tbsps. Spanish Sauce. Cook 1 minute more. Thicken with 1 to 2 tbsps. bread crumbs if necessary. Serve hot on a mound of rice. Garnish with olives.

Spanish Tomato Sauce

¼ c. olive oil
1 clove garlic, crushed
½ c. onion, chopped fine
1 c. tomato sauce

Saute garlic and onion in olive oil. Add tomato sauce. Simmer gently for ½ to 1 hour.



LAPU-LAPU RELLENO

1 k. lapu-lapu or any white meat fish
2 hard cooked eggs, sliced
4 slices cooked ham
¼ c. flour
½ c. olive oil
1 clove garlic
1 tbsp. calamansi or lemon juice
Sprig of parsley for garnishing
Stuffed green olives

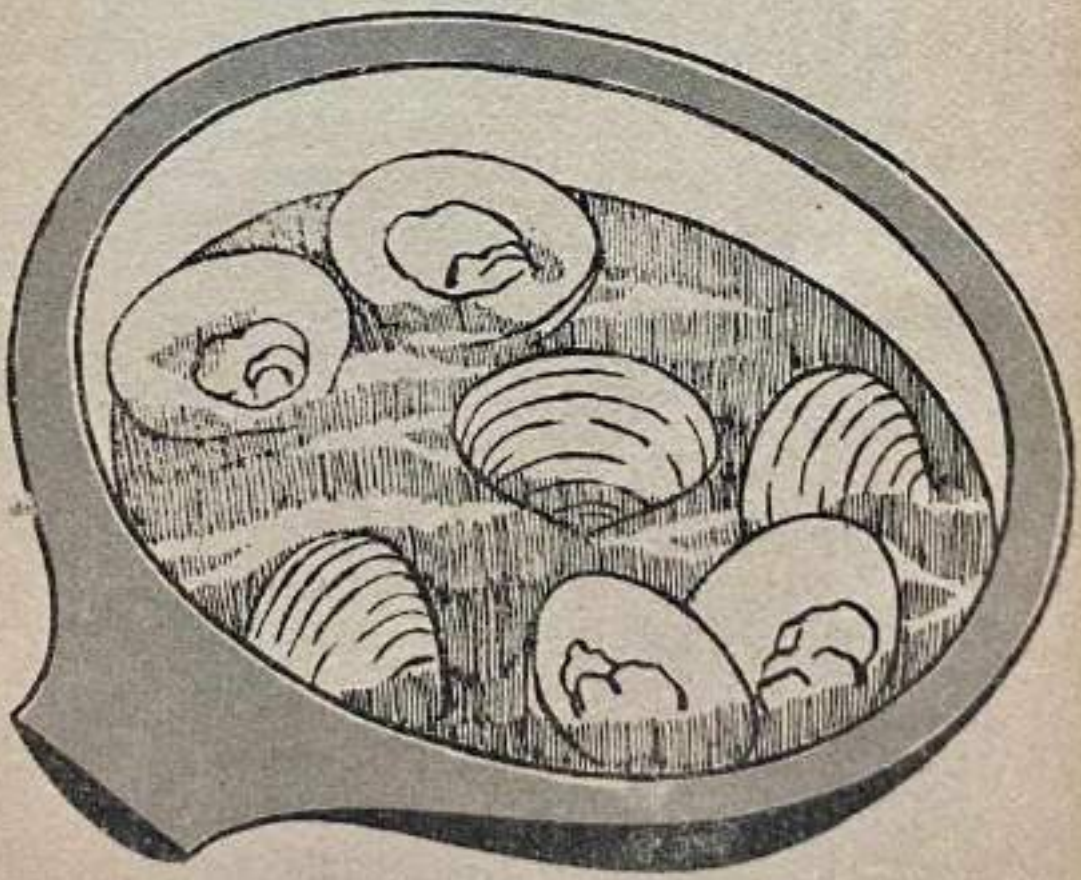
Prepare Spanish Tomato Sauce.* Set aside. Clean fish. Slit at the back to open and debone. Stuff with alternate layer of egg and ham. Tie with string. Dredge in flour and put in a baking pan. Set aside. Heat olive oil and fry the garlic. Pour over fish. Bake at 350°F. until half done. Baste occasionally with pan oil. Remove pan from oven. Pour Spanish Tomato Sauce, calamansi or lemon juice. Return to oven, bake 15 minutes longer. Arrange on a platter, garnish with parsley and chopped olives. Serve hot.

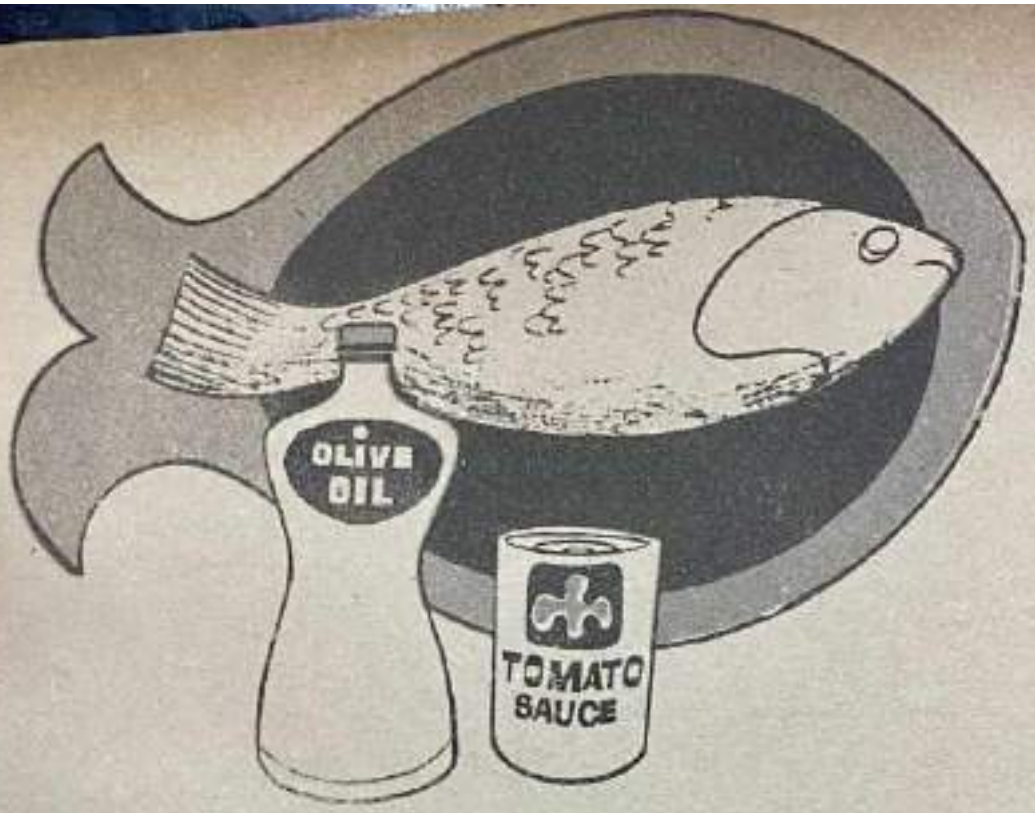
* *Recipe of Spanish Tomato Sauce, on page 50.*

ALMEJAS CON SALZA VERDE

2 cloves garlic, crushed
1 onion, chopped
2 tbsps. olive oil
¼ c. parsley, chopped
1½ c. clam broth
2 hard cooked eggs, chopped
½ c. green peas
50 pcs. halaan or clams, boiled briefly
1 tsp. salt
1 tsp. Aji-no-moto
⅛ tsp. pepper
2 tsps. cornstarch dispersed in water

Saute garlic and onions in olive oil. Add parsley and broth. Blend in chopped eggs and peas. Cook 1 minute. Add halaan. Season with salt, Aji-no-moto and pepper. Thicken with cornstarch. Serve hot.





PESCADO AL HORNO

½ c. calamansi or lemon juice
1 tsp. salt
1 tsp. pepper
⅛ tsp. paprika
1 c. olive oil
1 c. tomato sauce
1 Lapu-lapu or Bacoco
¼ k. medium-sized shrimps
¼ c. bread crumbs
½ c. grated cheese

Prepare marinade by combining calamansi juice, salt, pepper and paprika. Set aside. Clean fish. Set aside. Shell shrimps leaving tail. Let fish and shrimps stand in the marinade for 15 minutes. Prepare stuffing.

Stuffing

1 red pepper, diced
1 onion, sliced
1-2 tsps. sugar
1 tsp. salt
⅛ tsp. paprika

Combine ingredients together. Stuff stomach of fish. Dredge fish and shrimps in bread crumbs. Arrange on a baking sheet, pour olive oil and tomato sauce. Garnish with onion rings and pepper strips. Sprinkle generously with bread crumbs and cheese. Bake at 350°F. 45 minutes or until done. Baste occasionally. Serve right on the baking sheet. Garnish with sprigs of parsley.

PRAWNS IN TOMATO SAUCE

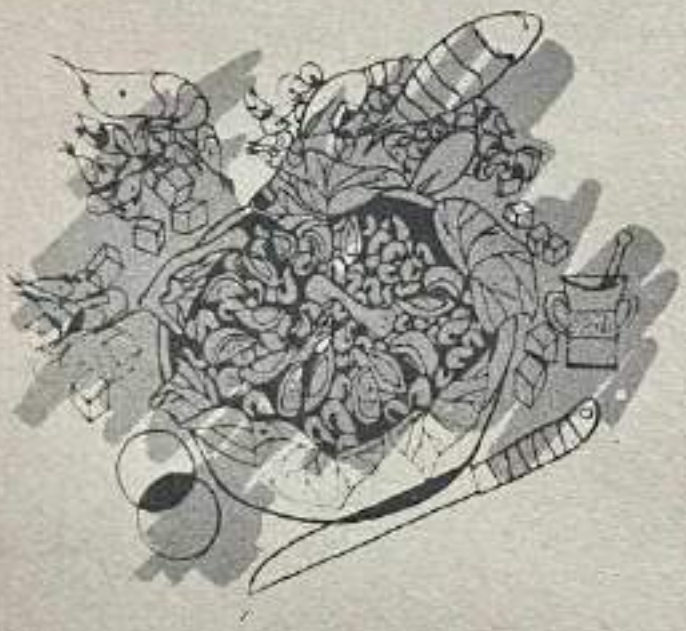
½ k. prawns
¼ c. cornstarch
¼ c. cooking oil
4 stalks leeks, cut in 1″ piece
1 c. tomato sauce
½ c. water
1½ tbsps. sugar
1 tsp. salt

With a kitchen scissor, snip the legs and tails of the prawns. Cut in 1″ diagonal pieces. Dredge in cornstarch and fry until crisp. Set aside. Saute the leeks and the rest of the ingredients. Simmer until thick, then add fried prawns. Simmer until sauce is almost dry.

GAMBAS A LA PLANCHA

500 gms. fresh medium-sized shrimps, in shell
2 tbsps. coarse salt
¼ c. olive oil
2 tbsps. chopped parsley
1 clove garlic, minced
5 tbsps. olive oil or cooking oil

Toss shrimps and coarse salt together. Heat a heavy skillet until very hot. Drop shrimps and stir to keep from sticking. Cook 1 minute, then add 4 tbsps. olive oil. Cook 3 minutes more. Transfer to a platter. Mix parsley, garlic and 1 tbsp. olive oil. Serve with shrimps.



SHRIMPS IN WINE SAUCE

½ k. fresh shrimps, shelled and deveined
¼ c. flour
¼ c. olive oil
¼ c. dry white wine
1 tsp. tomato paste
2 tbsps. warm water
½ tsp. salt
¼ pepper
Dash of cayenne pepper
1 tbsp. chopped parsley
1 tbsp. spring onion, chopped
1 tsp. lemon or calamansi juice

Dredge shrimps in flour. Heat olive oil in a skillet. Put in shrimps toss until pink. Drain. Combine drained olive oil, white wine, tomato paste, water, salt, pepper and cayenne pepper in a saucepan. Cook mixture over low heat for 1 minute. Add sauteed shrimps, parsley and spring onions. Cook 5 minutes more. Add lemon juice. Serve hot.

ROYAL APAHAP

- 1 apahap, lapu-lapu or red snapper (about 1 kilo)
- 1 tsp. salt
- 1 c. mayonnaise*
- ¼ tsp. pepper
- 4 onions, cut in rings
- 2 tbsps. olive oil
- ¼ c. water

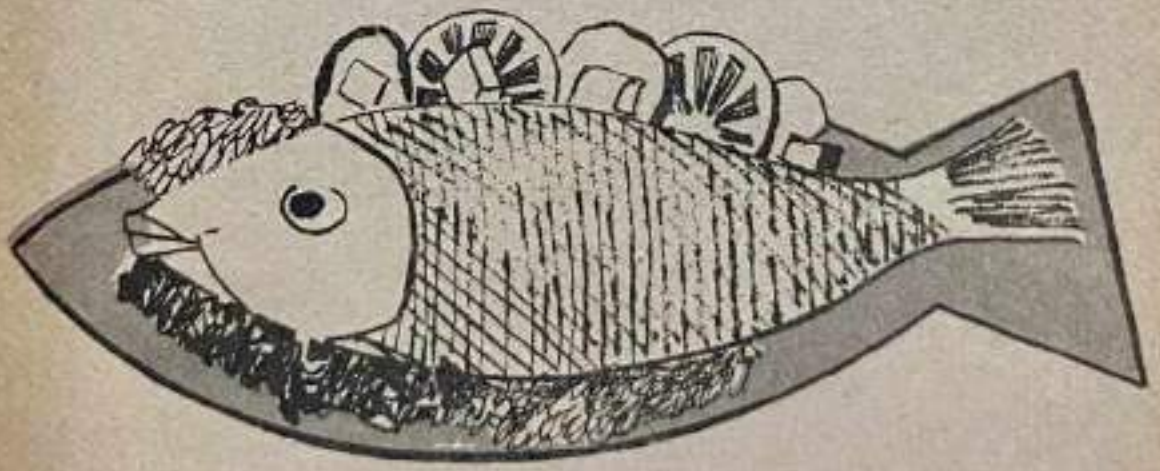
Season fish with salt and pepper. On a baking dish, arrange a bed of onion rings, lay fish, garnish with more onions. Dribble with olive oil and water. Bake at 350°F. for 20 minutes. Prepare sauce.

Sauce

- 2 cloves garlic, crushed
- 1 onion, minced
- 1 c. tomato sauce
- 2 tbsp. olive oil

Saute garlic, onion and tomato sauce in olive oil. Simmer over low fire about 15 minutes. Remove fish from oven, add sauce. Bake for 20 minutes. Remove again from oven, cover top with Mayonnaise and bake 5-10 minutes more. Serve hot.

* *Recipe of Mayonnaise, on page 123.*



BAKED FISH

1 pc. lapu-lapu
(about 1 to 1½ k.)
1 tsp. salt
¼ tsp. freshly ground black pepper
⅓ c. butter or margarine
1 pc. onion, chopped
2 c. bread crumbs
2 tsp. chopped sour pickles
¾ tsp. sage
¼ c. dry white wine

Preheat oven to 400°F. Clean, wash and dry fish. Cut diagonal slashes on sides of fish. Rub salt and pepper inside and outside of fish. In a skillet heat ⅓ c. butter or margarine, add the onions and brown lightly. Add the crumbs, chopped pickles, sage and half of the wine. Stuff the fish with the mixture. Sew or skewer fish. Place fish in a well-greased shallow pan lined with foil. Brush the remaining butter on the fish and pour the rest of the wine. Bake uncovered until the fish flakes easily when tested with a fork (about 40 minutes). Baste frequently with drippings or additional butter and wine. Serve with mayonaise or other desired sauce.

POACHED FISH

1 pc. lapulapu (about 1½ k.)
8-10 c. water
¾ to 1 c. vinegar
1 tsp. salt
2 pcs. carrots, minced
3 onions, minced
1 bay leaf
Pinch of thyme
4 stalks of parsley
6 pcs. pepper corn

Place all ingredients, except peppercorn and lapu-lapu into a saucepan. Bring to a boil and allow to simmer for one hour. Add peppercorns and allow to simmer for 10 minutes more. Pass through a food mill or a fine strainer. Place clean and dry lapu-lapu or other white meat fish in tepid courtbouillon and bring to a boil. Lower flame and allow to simmer until fish is cooked. May be served with hollandaise sauce or mock hollandaise sauce.

MOCK HOLLANDAISE SAUCE

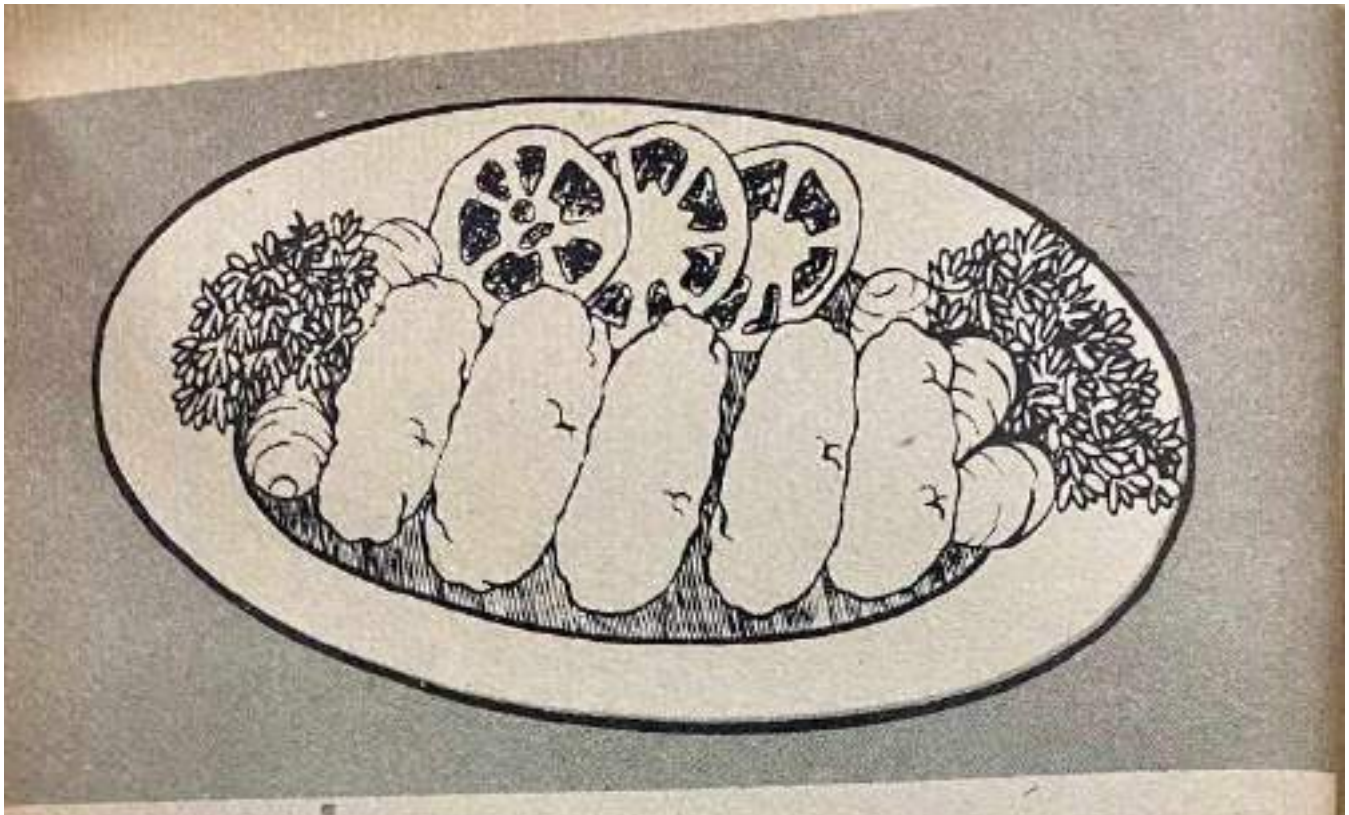
3 tbsps. flour
½ tsp. salt
¼ tsp. pepper
½ c. LIBERTY MILK
½ c. water or fish stock
4 tbsps. butter, beaten
4 egg yolks, beaten
¼ c. butter melted
3 tbsps. lemon juice or dayap juice

Over a low flame, blend butter and flour into a smooth paste. Add salt and pepper and stir until the mixture is smooth and bubbly. Remove from the fire and add milk and water or fish stock gradually. Bring to a boil for one minute while stirring constantly. After removing from the fire add eggyolks, melted butter and lemon or dayap juice. Serve warm.

Hollandaise Sauce:

3 egg yolks
1 tbsp. cold water
½ c. soft butter
¼ tsp. salt (less if butter is salty
½ to 1 tsp. lemon juice

Combine egg yolks and water in the top of a double boiler and beat with a wire whisk over hot (not boiling) water until yolks are fluffy. Add a few spoonfuls of butter to the mixture and beat continually until the butter has melted and the sauce starts to thicken. Care should be taken that the water in the bottom of the double boiler never boils. Continue to add the butter bit by bit, stirring continously. Lastly, add the salt and lemon juice. If a lighter sauce is preferred a tbsp. of hot water may be added. Sauce is served tepid, not hot. Pour over poached fish and garnish with boiled potatoes and parsley leaves.



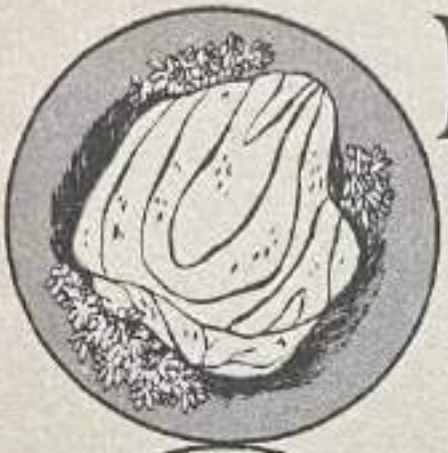
SHRIMP CROQUETTES

300 gms. fresh shrimps*
6 tbsps. butter or margarine
6 tbsps. flour
½ tsp. salt
⅛ tsp. pepper
1 c. LIBERTY MILK
1 c. water
2 eggs, slightly beaten with ¼ c. water
1½ c. bread crumbs

Cook shrimps, chop finely and set aside. Make Bechamel Sauce as follows: Melt butter or margarine in a skillet. When melted, blend in flour and stir well. Add salt and pepper. Pour in milk and water gradually into the butter-flour mixture until all the liquid is absorbed. When sauce is smooth and thick, add the chopped shrimps. Pour into an ungreased pan and let cool in refrigerator. When cold enough to be handled, divide into small portions. Shape each portion into smooth oblongs, roll in flour, eggs bread crumbs, eggs and bread crumbs again. Place in strainer and lower into hot fat. Deep fat fry. Serve hot. Makes 6 servings.

**VARIATIONS:* Substitute 1 cup cooked, chopped chicken or 1 cup chopped ham or 1 cup grated cheese, for shrimps.

From the Liberty Milk Cookbook.



Meats

- *Beef*
- *Chicken*
- *Pork*

BEEF TERIYAKI

½ k. beef tenderloin or lean pork, sliced thin as for tapa

Sauce

¼ c. soy sauce
⅓ c. honey
1 tsp. Aji-no-moto
2 tbsps. sugar
1 clove garlic, minced
½ tsp. ginger, cut finely

Marinate beef or pork in sauce overnight in refrigerator. Turn occasionally. Bake at 350°F. for 20 minutes or until meat is done. Baste with sauce occasionally. May also be broiled over charcoal.

PEARL BALLS

½ k. ground beef
2 pcs. boiled potato, mashed
2 eggs
½ onion, chopped
1 tsp. sugar
2 tsps. soy sauce
2 tsps. ginger juice
2 tsps. salt
½ tsp. Aji-no-moto
2 c. glutinous rice, soaked overnight

Mix ground beef, mashed potato, eggs and onion thoroughly. Add all other ingredients except rice and mix thoroughly. Using a tablespoon, shape mixture into small balls. Drain soaked rice thoroughly and roll meat balls in it until they are well-covered. Place meat balls in steamer over wet cloth and steam for 30 minutes. Serve hot.

BEEF WITH KUTSAY

½ k. beef tenderloin
1 egg white
1 tbsp. cornstarch
1 c. cooking oil
3 tbsps. soy sauce
½ tsp. Aji-no-moto
3 tbsps. water
1 red pepper, cut in strips
¼ c. kutsay (Chinese leeks) cut into strips
Sesame oil

Coat tenderloin with egg white, then with cornstarch. Let stand for 15 minutes. Deep fat fry. Drain out fat. Leave 3 tbsps. fat in pan. Add the soy sauce, water and Aji-no-moto. Drop the red pepper and kutsay. Cook for 2 minutes. Before serving sprinkle sesame oil.

PUCHERO WITH EGGPLANT SAUCE

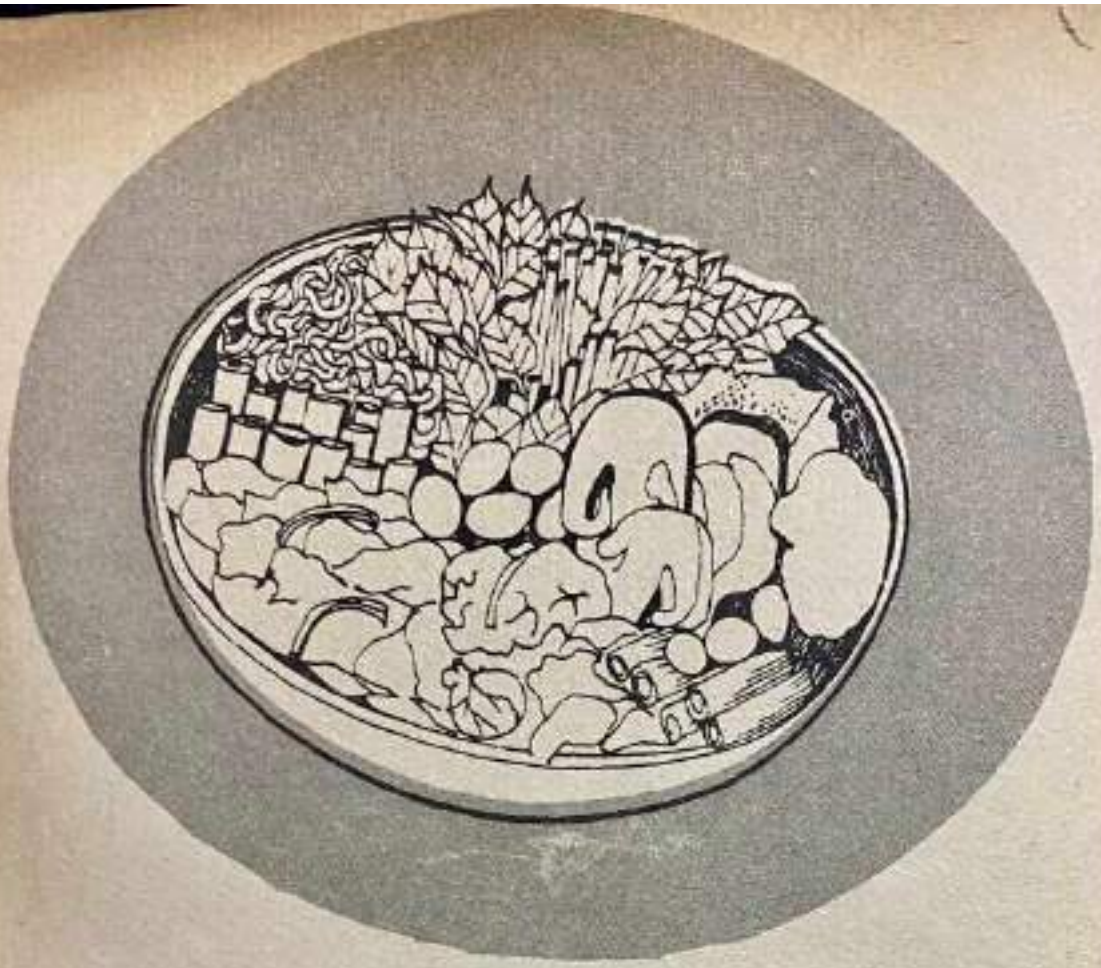
½ kilo pork liempo, cut into serving pieces
½ chicken, cut into serving pieces
½ k. beef, cut into serving pieces
2 pcs. chorizo de bilbao
6 c. water
1 tsp. salt
1 bunch green onions
1 small cabbage
⅛ k. abitsuelas (green beans)
4 pcs. potatoes
4 pcs. saba bananas
1 c. garbansos or chick peas, boiled until tender
2 tbsps. cooking oil
2 cloves garlic, crushed
1 onion, sliced
4 c. broth (from above meats)
2 tsps. Aji-no-moto
Salt to taste

Boil pork, chicken, beef, chorizo de bilbao, in water, salt, and green onions. When tender, remove and cook cabbage and green beans separately in the broth. Remove and set aside. Boil potatoes and bananas in water until tender. Remove. Cut bananas crosswise diagonally, quarter potatoes. Skin chick peas. Set aside. Saute garlic and onion in hot oil. Add broth. Bring to a boil then put in meats, bananas, potatoes, chick peas and vegetables. Season with salt and Aji-no-moto. Serve with Eggplant Sauce.

Eggplant Sauce

6 eggplants
3 cloves garlic
Salt and pepper to taste
½ c. vinegar

Broil eggplants until tender. Peel and mash. Set aside. Chop garlic finely and add to mashed eggplant. Add vinegar, salt and pepper to taste. Serve with Puchero.



¼ k. beef round, sliced paper thin then cut into 2" squares
1 tbsp. soy sauce
1 tbsp. sugar
3 pcs. dried mushrooms, soaked in water, cut in half
2 cakes tokua or bean curd, cut 2" squares
2 large onions, quartered
1 pc. carrot, in thin rounds
2 stalks leeks, cut 1 inch long
5-6 leaves of Baguio pechay, cut into serving pcs.
50 gms. sotanghon or rice noodles (angel's hair) soaked then cut as desired
1½ tbsps. sugar
3-4 tbsps. soy sauce
½ c. beef stock or ½ c. hot water with 1 bouillon cube dissolved
1 tsp. Aji-no-moto
¼ c. butter or margarine

Marinate beef in 1 tbsp. soy sauce and 1 tbsp. sugar. Set aside. Prepare mushrooms, tokwa, vegetables and sotanghon. Combine sugar, soy sauce, stock and Aji-no-moto. Set aside. Melt butter in a heavy skillet or suki-yaki pan. Fry mushroom. Put to one side of pan. Fry beef quickly on both sides. Set aside. Add onions and tokwa.

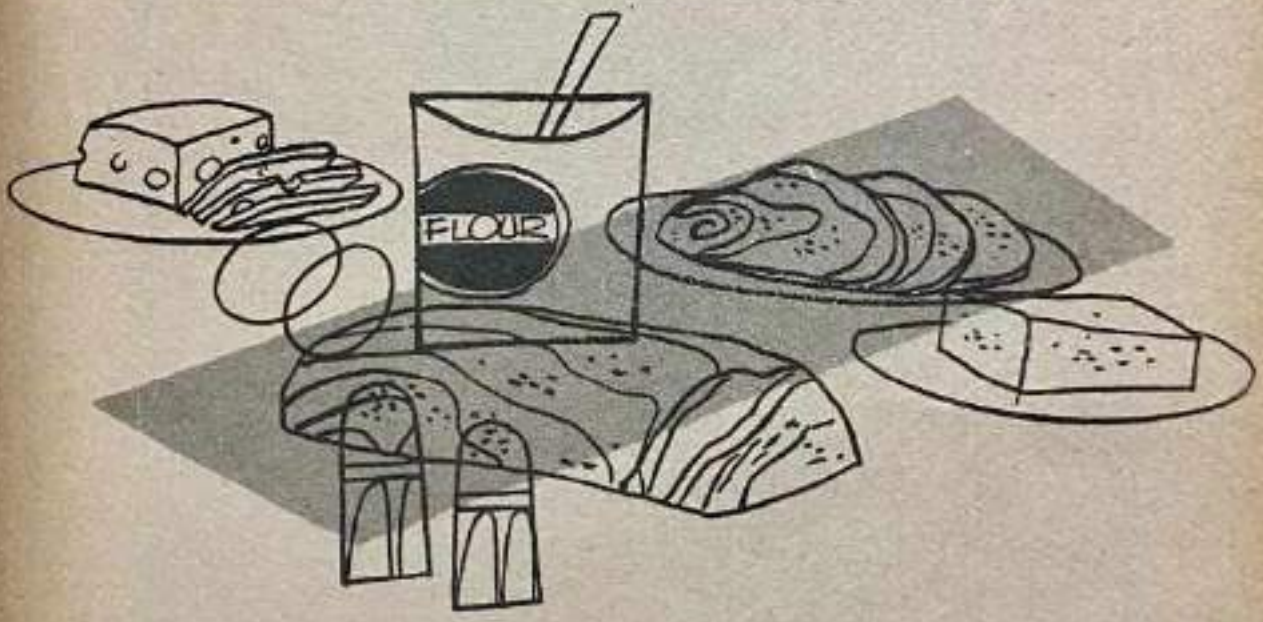
NOTE: The different ingredients are all simmered in one pan but they should not be mixed together. Thus, the vegetables and meat are on separate mounds.

Drop in carrot rounds, cover, let simmer 1 minute. Put in pechay and leek stalks. Cook 1 minute. Add the pechay leaves, sotanghon and stock. Simmer 2 minutes more. Serve immediately on suki yaki pan or pour in a platter. Serve hot.

BEEF WITH OYSTER SAUCE

½ k. beef tenderloin, in strips
2 tbsps. white wine
2 tbsps. cornstarch
1 tbsp. sugar
½ tsp. Aji-no-moto
¼ c. soy sauce
¼ c. cooking oil
1 onion, sliced in rings
2 tsps. oyster sauce
Frozen green peas, thawed then boiled

Marinate beef in wine and cornstarch. Set aside. Combine sugar, Aji-no-moto and soy sauce. Set aside. Bring cooking oil to a full boil. Drop beef all at once. Cook for 5 minutes. Stir constantly. When done, drain out excess fat. Put back beef in pan, add sliced onions, soy sauce and sugar mixture. Stir 2 minutes. Remove from the fire. Flavor with oyster sauce Garnish with green peas. Serve immediately.



BEEF CORDON BLEU

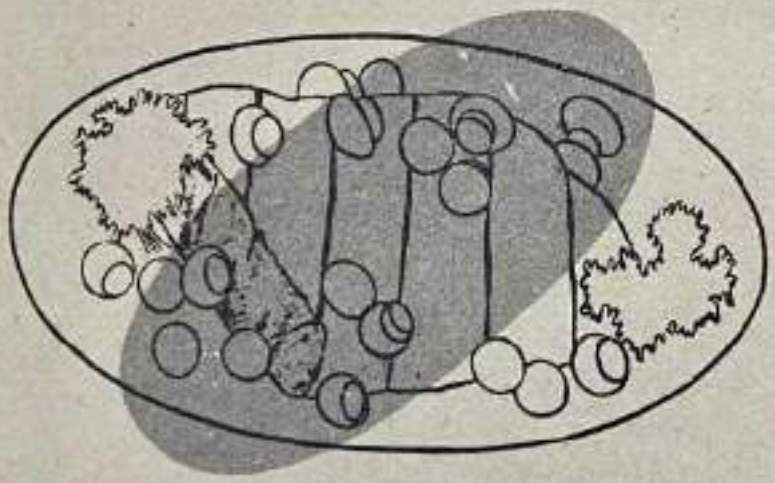
½ k. beef tenderloin
Salt and pepper to taste
4 slices swiss or cheddar cheese
4 slices cooked ham
¼ c. all-purpose flour
2 eggs, beaten
½ c. bread crumbs
¼ c. butter

Slice beef into 4 equal sizes, make a pocket in steak for filling. Season beef lightly. Lay a slice of cheese and ham inside the steak. Seal edges. Dredge in flour, dip in egg, roll in bread crumbs. Fry in butter about 4-5 minutes on each side. Garnish and serve.

CHATEAUBRIAND

1 k. beef tenderloin, trimmed
Salt
Maggi sauce
Pepper
½ lb. butter, in chunks
1 can sugar peas
½ can mushrooms, sauteed in butter
½ k. sliced potatoes, fried in butter

Season beef with salt, maggi sauce and pepper. Grill both sides until medium done. Slice, transfer to a platter. Dot with chunks of butter over hot meat. Serve with buttered green beans, carrots and potatoes. Serves 6.



CALDERETTA

½ k. pierna corta, (beef round) cut in serving pieces
¼ c. vinegar
10 pcs. peppercorn, crushed
1 tsp. salt
2 cloves garlic, crushed
¼ c. cooking oil
1 c. onion, sliced
½ c. tomato sauce
1½-2 c. boiling water
1 c. red or green pepper, cut in strips
1 pc. laurel or bay leaf
Dash of hot sauce
⅓ c. liver spread

Marinate beef in mixture of vinegar, peppercorn, salt and crushed garlic for 1½-2 hours. Fry pieces of beef in cooking oil. Add onions and saute until tender. Pour in tomato sauce and boiling water. Add the green pepper, bay leaf and hot sauce as desired. Cover and simmer until meat is tender. Blend in liver spread. Cook 5 minutes more. Serves 5.

ITALIAN SPAGHETTI

Tomato Meat Sauce:

2 tbsps. cooking oil
2 tbsps. butter
2 onions, chopped
1 stalk celery, chopped
100 gms. ground pork
½ k. ground beef (round)
2 tbsps. vino blanco
3 large clove garlic, finely chopped
1 bay leaf
Dash of pepper
1½ c. tomato sauce
½ tsp. salt
½ tsp. Aji-no-moto
⅛ c. grated cheese
1½ c. beef stock

Heat cooking oil, add butter. Cook chopped onions slowly until tender. Add celery. Add ground pork and cook 10 minutes. Then add beef, wine, garlic and spices. Allow to cook for 5 minutes and add the tomato sauce. Correct seasoning. Allow to simmer gently for an hour or until thick. A little flour maybe added if the sauce is too thin.

For Spaghetti:

1 box spaghetti – 8 oz.

Measure 8 c. water in a pan. Add 1 tbsp. cooking oil and 1 tsp. salt. Let boil and add spaghetti. Bring back to boil. Spaghetti may be done in 8-10 minutes. It is best not to overcook. When done, drain on a colander and add butter to prevent lumping.

BEEF WITH FRIED NOODLES

½ k. beef tenderloin, in strips
2 tbsps. white wine
2 tbsps. cornstarch
1 tsp. sugar
½ tsp. Aji-no-moto
¼ c. soy sauce
2 c. cooking oil for deep fat frying
¼ c. stock
4 pcs. dried mushrooms
2 tsps. oysters sauce
1 c. togue, lon:, both ends trimmed off
½ k. noodles, (not dry)
Frozen green peas, cooked
Sesame oil

Measure 8 c. water in a pan. Add 1 tbsp. cooking oil and 1 tsp. salt a full boil. Drop beef all at once. Cook for 5 minutes. Stir constantly. When done, drain out excess fat. Put back beef in pan, add sliced onions, soy sauce, sugar and Aji-no-moto. Stir 2 minutes. Remove from the fire. Flavor with oyster sauce. Add long togue. Cook one minute. Fry noodles in portions, browning bottom and top (like pan-cakes) Arrange on platter. Pour beef mixtures on top. Garnish with green peas. Sprinkle with a few drops of sesame oil and serve.

COCIDO
(Spanish Boiled Dinner)

½ k. beef shank (bias)
1 k. soup bones
1 chicken (about 1 k.)
½ k. lean pork (pigue)
1 tsps. peppercorn
3 pcs. tomatoes, quartered
3 stalks leeks (about 200 gms.
3 onions, quartered
1 head garlic, crushed
3 tbsps. olive oil
200 gms. slab bacon, cut in chunks
3 pc. chorizo de bilbao
1 morcilla or Spanish blood sausage
¼ k. potatoes
⅛ k. cabbage
¼ k. Baguio pechay or Chinese cabbage
2 pcs. carrots
⅛ k. string beans

Boil beef and soup bones with, 1 stalk leek, 1 tsp. peppercorn, tomato and onion. When beef is tender, remove and cut into serving pieces. Set broth aside. Boil chicken and pork separately with the same ingredients. When tender, remove and set broth aside. Prepare Spanish Tomato Sauce. Heat olive oil. Brown bacon slightly. Pour Spanish Tomato Sauce, combined beef, chicken and pork broth. Let boil. Add softened meats, chorizo de bilbao and morcillas. Simmer. In another pan, cook vegetables until half done in beef and chicken broth. Add to meats, cook until done. Arrange on a platter. Serve with broth and Spanish Tomato Sauce.

Spanish Tomato Sauce

¼ c. olive oil
3 cloves garlic, crushed
4 large onions, chopped
1 c. tomatoes, chopped
1 c. tomato sauce
1 c. broth
Salt and pepper
Aji-no-moto

Saute garlic, onions and tomatoes in olive oil. Cook till tender. Add tomato sauce and simmer for 10 minutes. Add broth and seasonings. Cook slowly for 1 hour in a covered container.

DELICIOUS HAMBURGER

½ k. beef, ground round
1 egg, raw
½ tsp. mustard
1-2 tbsps. Worcestershire Sauce
¼ tsp. salt
⅛ tsp. pepper
1 slice loaf bread
¼ c. LIBERTY MILK
½ tsp. Aji-no-moto

Tear bread into pieces and soak in ¼ c. LIBERTY MILK. Add pepper, salt, Aji-no-moto, Worcestershire sauce, egg and mustard. Add mixture to ground beef and knead. Mix well. Pat according to desired shape. Pan fry in a mixture of hot oil and butter. Serve hot.

BATANGAS ADOBO

½ k. beef
200 gms. beef heart
100 gms. beef liver
½ k. pork
½ to 1 c. vinegar, depending on acidity
1 small head garlic
½ tsp. black pepper
1 tsp. salt
3 tbsps. atsuete soaked in 1 c. warm water*

Cut all meats into serving pieces. In a saucepan, combine vinegar, garlic, pepper, salt. Put in beef and beef heart. Let cook for 20 minutes. Add pork, beef liver and atsuete water and simmer until tender. Strain sauce. Brown the garlic and then the meats in hot oil. Return to saucepan. Cover and simmer until sauce thickens.

*See glossary page 194.

PEPPER STEAK A LA CREME

1 pc. tenderloin (about 1 kilo)
¼ c. butter
¼ c. rich beef stock
½ to 1 tsp. salt
2 tbsps. whole black pepper, freshly pounded
½ c. sour cream

Trim tenderloin and coat with salt and pepper. Heat butter in heavy frying pan and brown tenderloin. Transfer to baking dish and roast in 320° oven for 20 minutes or until done to desired stage. Remove meat from pan and set in warm place. Dissolve all drippings in pan with beef stock. Add to heavy frying pan where tenderloin was browned. Heat thoroughly and add sour cream. Slice tenderloin and pour sour cream sauce on top. Serve hot.

CONTINENTAL BEEF ROLL

1 k. beef kalitiran, (whole, sliced ½ inch thick)

Filling

¼ k. lean pork, ground
½ c. cooked ham, chopped
2 hard cooked eggs, chopped
¼ c. mushroom, chopped (save liquid)
¼ c. onion, chopped
2 tbsps. quaker oats or bread crumbs
1 tbsp. parsley, chopped
1 tsp. Aji-no-moto
1 tbsp. worcestershire sauce
1 tsp. maggi sauce
¼ c. grated cheese
1 tsp. salt
¼ tsp. pepper

Sauce

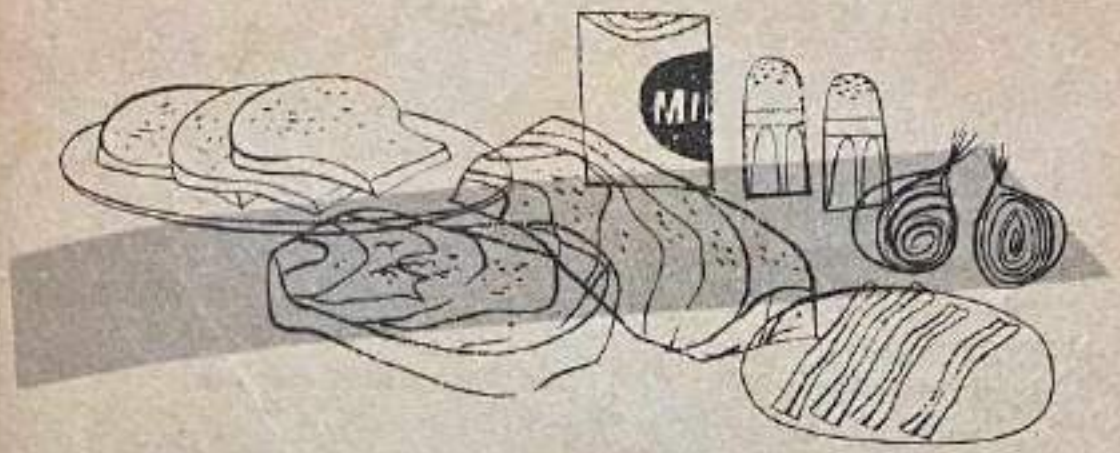
1 c. water & mushroom juice
1 onion, sliced
1 tbsp. maggi sauce
1 tbsp. worcestershire sauce
½ tsp. salt
⅛ tsp. pepper
2 tbsps. margarine
2 tbsps. flour
¼ c. sliced mushrooms
¼ c. cooked ham, diced finely

Flatten meat with a mallet. Set aside. Mix ingredients for filling and spread on meat. Roll. Tie with string to secure. Brown in hot cooking oil. Transfer to a baking pan. Add water, mushroom juice, onion, maggi, worcestershire sauce, salt and pepper. Brush top with margarine. Cover with foil and bake at 350°F. for 2 hours or until tender. Meanwhile, prepare garnishing.

Garnishing

2 tbsps. butter
1 large potato, boiled then sliced or 10 tiny potatoes boiled
1 carrot, boiled then cut in rounds
1 tbsp. parsley, chopped

Melt butter in a pan. Saute potatoes and carrots. Sprinkle with chopped parsley. Set aside. When meat is ready, slice, then arrange on a platter. Pour sauce into a saucepan. Reduce. Thicken with flour. Add ham and mushroom. Spoon sauce over sliced meat and garnish with carrots and potatoes.



MEAT LOAF DE LUXE

1 egg, beaten
¾ c. LIBERTY MILK
1 tsp. AJI-NO-MOTO
1½ tsps. salt
Dash pepper
1 c. soft bread, about 4 slices cut in pcs.
½ c. onion, minced
½ k. pork ground
½ k. beef, ground
4-6 strips bacon

Combine egg, milk, Aji-no-moto, salt, pepper and bread. Add onions, ground pork and ground beef. Mix well. Line a loaf pan (8″ x 5″ x 3″) with bacon across width of the pan. Pack meat mixture into the pan. Bake in moderate oven, 350° F., 1½ hours. Remove from oven. Invert meat loaf in a baking sheet, raise oven temperature to 450° F. or broil. Return meat loaf to broiler for about 10 minutes, to brown bacon. Makes 8 servings. Serve with catsup or gravy

Gravy

Drippings (about ⅓ c.)
2 tbsps. flour
1 c. hot water
1 bouillon cube
Salt

Put drippings in a saucepan. Add flour. Cook until flour is well blended in the drippings. Add water wherein the bouillon cube was dissolved. Cook until done. Taste and correct seasoning.

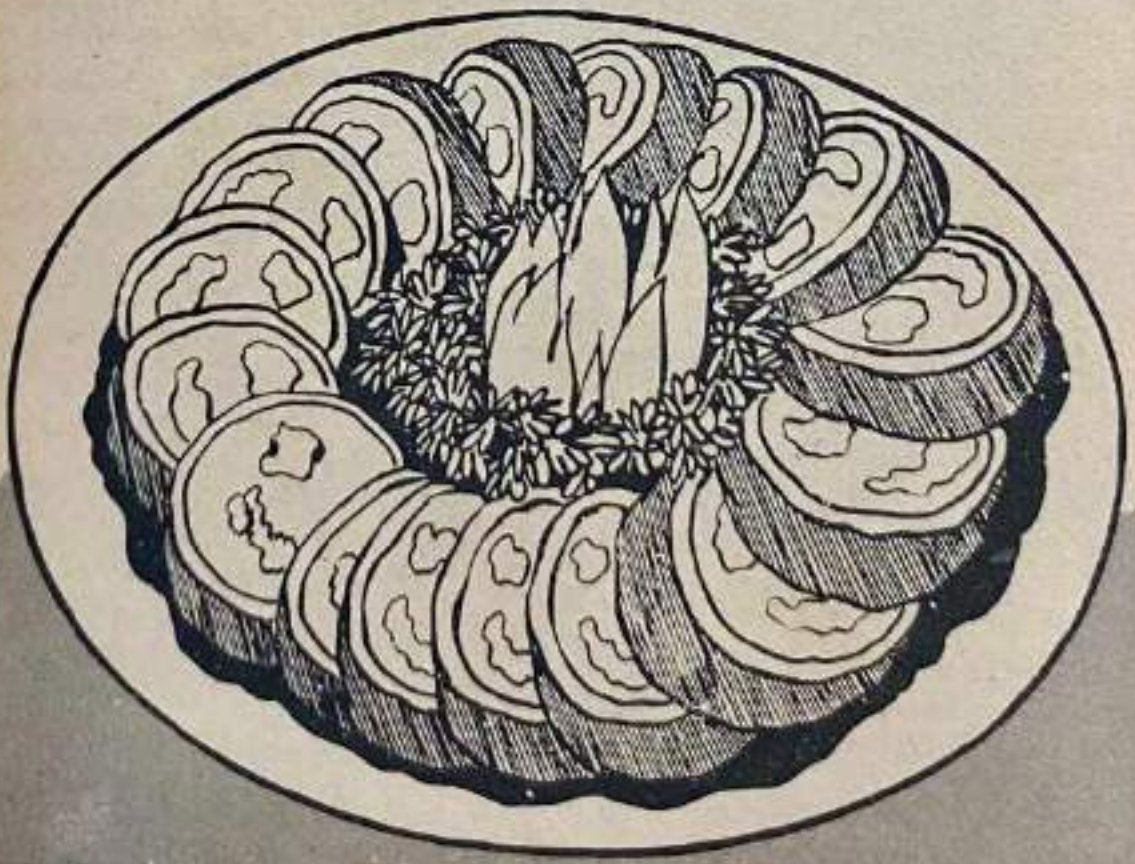
* *From the Liberty Milk Cookbook.*

MORCON

1 k. beef, sliced as for morcon, ¼" thick, in one piece
2 tbsps. calamansi juice
¼ c. soy sauce
4 pcs. vienna sausage, cut into 4 diagonally
2 pcs. sweet gherkins or 4 pcs. sweet pickles, cut in thin long strips
2 hard cooked eggs, sliced
100 gms. cheddar cheese, cut in strips
½ pc. carrot, cut into long strips
3 slices bacon
2 tbsps. flour
¼ c. cooking oil
3 pcs. bouillon cubes dissolved in
3 c. boiling water
¼ tsp. salt
½ tsp. Aji-no-moto

Marinate beef in calamansi juice and soy sauce. Arrange strips of vienna sausage, sweet gherkins, hard cooked eggs, cheese, carrots and bacon on marinated beef. Roll neatly and tie with a string. Dredge in flour then brown in hot cooking oil. Transfer to a big saucepan. Add bouillon water. Season with salt and Aji-no-moto. Cover and simmer until beef is tender. Slice, arrange in a platter. Pour sauce on top. Garnish with sprigs of parsley. Serves 10.

From the Liberty Milk Cookbook.



MECHADO

1 k. beef kabilugan, whole
¼ c. cooking oil
4 cloves garlic
1 onion, sliced
2 pcs. potatoes quartered, fried
1 carrot, cut in ½" round
1 slice dayap or lemon with rind
2 tbsps. soy sauce
½ tsp. peppercorn
1 c. tomato sauce
1 pc. laurel leaf
1 tsp. salt
1½ c. hot water

Brown meat in cooking oil. Set aside. In the same oil, saute garlic and onion. Cook 5 minutes. Put in dayap, soy sauce, peppercorn, tomato sauce, laurel leaf and salt. Simmer a few minutes more. Add water, cover and simmer. Add potatoes and carrot, when meat is tender. Slice meat. Arrange on a platter with the vegetables. Strain sauce, pour over meat.

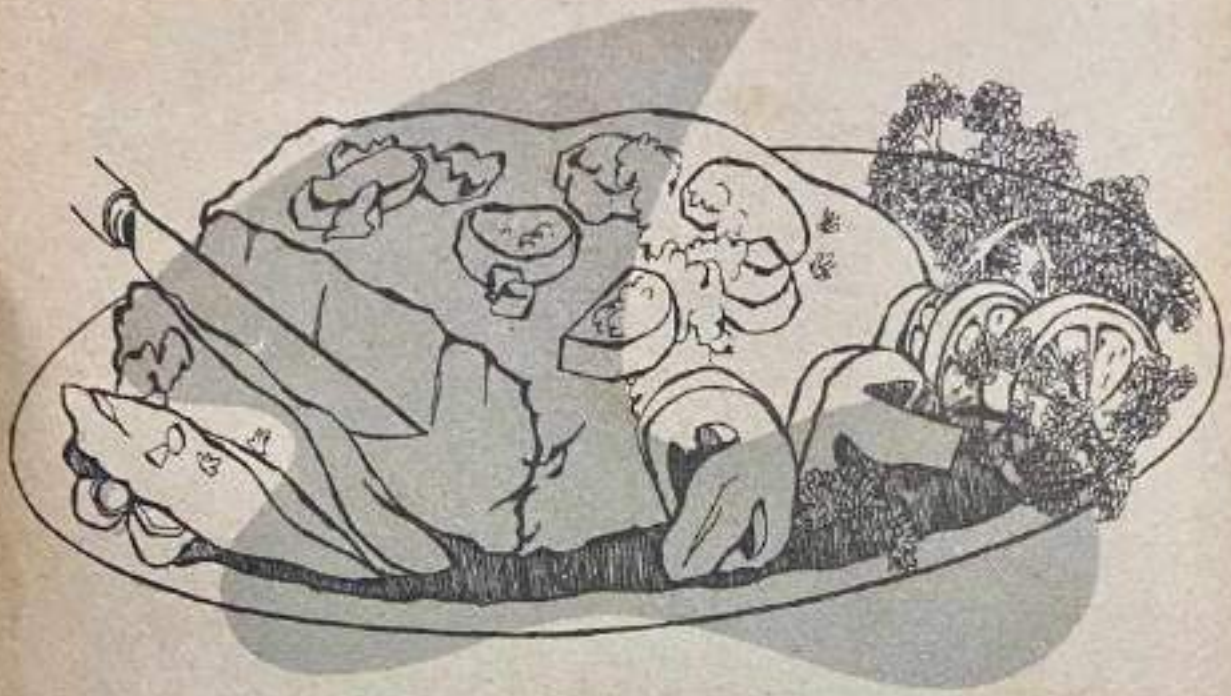
NOTE: Use cooked green beans, fried potatoes and cubed boiled carrots for garnishing.

BEEF STROGANOFF

½ k. round steak, cut in strips
½ c. all-purpose flour
2 tbsps. butter or margarine
½ c. chopped onion
1 clove garlic, minced
½ c. mushrooms, sliced
Mushroom juice
1 c. sour cream*
1 c. tomato sauce
½ tsp. hot sauce
½ tsp. salt
¼ tsp. black pepper
¼ c. grated gruyere cheese, optional

Coat meat strips with flour. Brown in butter or margarine. Push to one side of pan. Saute onion, garlic and mushrooms. Stir mixture together, cover pan and simmer for 5 minutes. Combine mushroom juice, sour cream, tomato sauce and seasonings. Pour over meat. Simmer about 30 minutes or until tender. Sprinkle with grated cheese, and brown, if desired. Serves 4-6.

* *To 1 c. Liberty Milk add 1 tbsp. pineapple vinegar or calamansi juice. Let stand until curdled.*



MOCK CHATEAUBRIAND

1 k. beef kalitiran
½ c. minced onion
¼ c. butter, in chunks

Lay meat on aluminum foil. Add onion and butter. Wrap. Bake at 375°F. until tender. About 1 hour. Meanwhile prepare Sauce.

Sauce

¼ c. butter or margarine
½ c. minced onion
1 c. tomato sauce
Water from 1 can mushrooms
1 can mushrooms, sliced
1 tbsp. worcestershire sauce
½ c. white wine
1 tsp. Aji-no-moto

Saute onion in butter or margarine. Add tomato sauce and simmer for 10 minutes. Pour in rest of ingredients except mushrooms. Finally add the sliced mushrooms. Simmer 5 minutes more. Slice meat, arrange in pyrex dish. Pour sauce, bake in moderate oven for 10 minutes. Serve hot.

ROAST BEEF

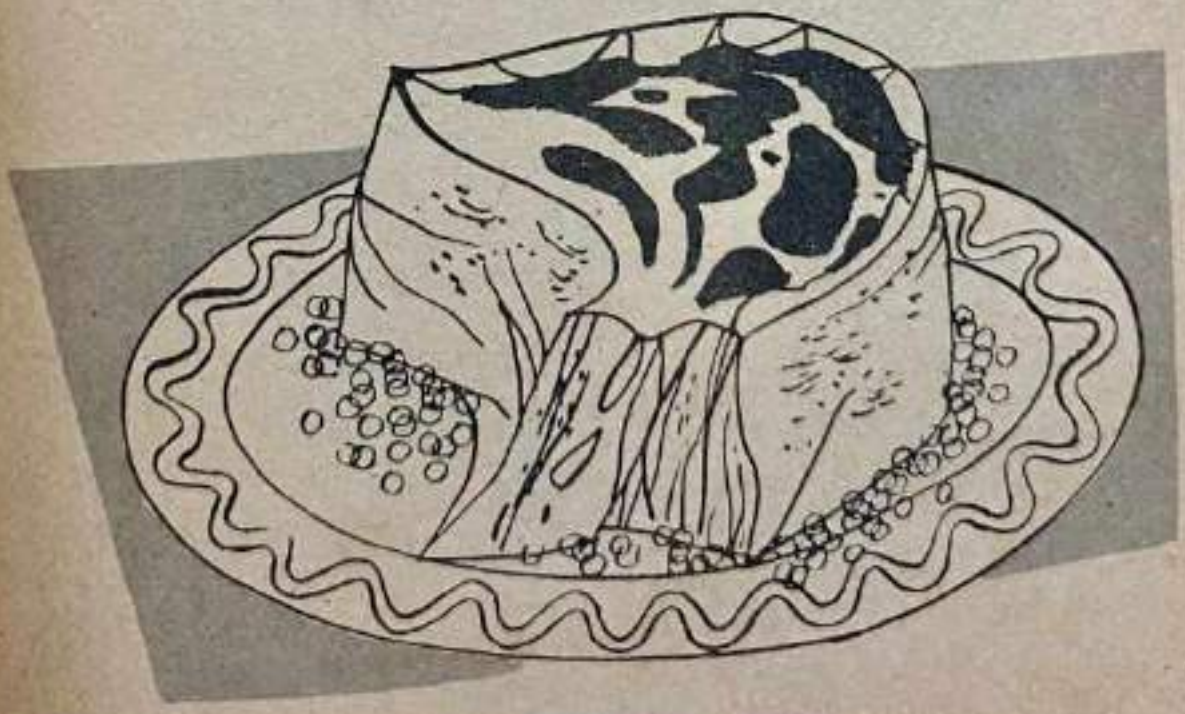
1 tsp. salt
½ tsp. pepper
2-3 k. rolled or standing rib roast

Rub meat with salt and pepper. Roast at 300°F. 25-30 minutes per ½ kilo. Serve with gravy, mashed potatoes and sweet green peas.

Gravy

¼ c. drippings
3 tbsps. all-purpose flour
2 c. bouillon broth or beef stock
Salt and pepper
1 tsp. Maggi seasoning
Aji-no-moto
½ c. mushroom, sliced

Heat drippings, blend in flour. Stir in broth gradually to make medium thin sauce. Taste and add seasoning accordingly. Finally add sliced mushrooms. Serve hot with roast.



BRINGE

2 tbsps. chorizo de bilbao fat or cooking oil
2 cloves garlic, chopped
1 onion, sliced
1 chicken (about 1 k.), cut in serving pcs.
1 pc. chorizo de bilbao, sliced
Salt to taste
1 tsp. pepper
2 tbsps. patis
3 tbsps. juice of dilaw* (tumeric)
½ c. malagkit or glutinous rice, washed
1¼ c. rice, washed
3½ c. coconut milk from 1 coconut, grated
1 bay leaf
Banana leaves
2 pcs. pimientos morrones, in strips
1 hard cooked egg, in wedges

Saute garlic and onions in chorizo de bilbao fat. Drop chicken piece and chorizo. Season. Simmer 5 minutes. Add dilaw juice and le simmer 5 minutes more. Blend in washed malagkit and rice. Pou coconut milk and cook until absorbed by rice. Stir, to prevent burnin at bottom of pan. Drop bay leaf, cook 2 minutes more. At this point transfer ½ of mixture into a skillet. Cover both pans with banan leaves and continue cooking. Allow rice to cook covered in 350° F. oven Serve in a platter, garnished with egg wedges and pimiento strips.

PEPITORIA

Blood of one chicken or ½ c. pork blood, strained
1 tbsp. vinegar
1 live chicken (about 1 k.)
1 head garlic, chopped
½ c. onion, chopped
1 c. tomatoes, chopped
1 c. thick coconut milk or water (as desired)
1 tsp. salt
1 tsp. Aji-no-moto

Collect chicken blood in container with vinegar to prevent coagulation. Set aside. Dress and clean chicken. Cut into serving pieces and set aside. Heat cooking oil in pan. Saute garlic and onions. Add toma toes. Add chicken meat, cover, and simmer until done. Uncover, pour in chicken blood mixture or pork blood stirring constantly so blood will not curdle. When blood is cooked, stir in the thick coconut milk. Boil for a few seconds. Season with salt and Aji-no-moto.

NOTE: To extract 1 cup thick coconut milk: add ½ cup warm water to one coconut, grated. Put in a cheese cloth, squeeze.

* *See Glossary.*

PINATISANG MANOK

1 chicken
2 tbsps. pork lard
Ginger root, cut into strips, about a tsp.
⅓ c. patis
A handful of sili leaves

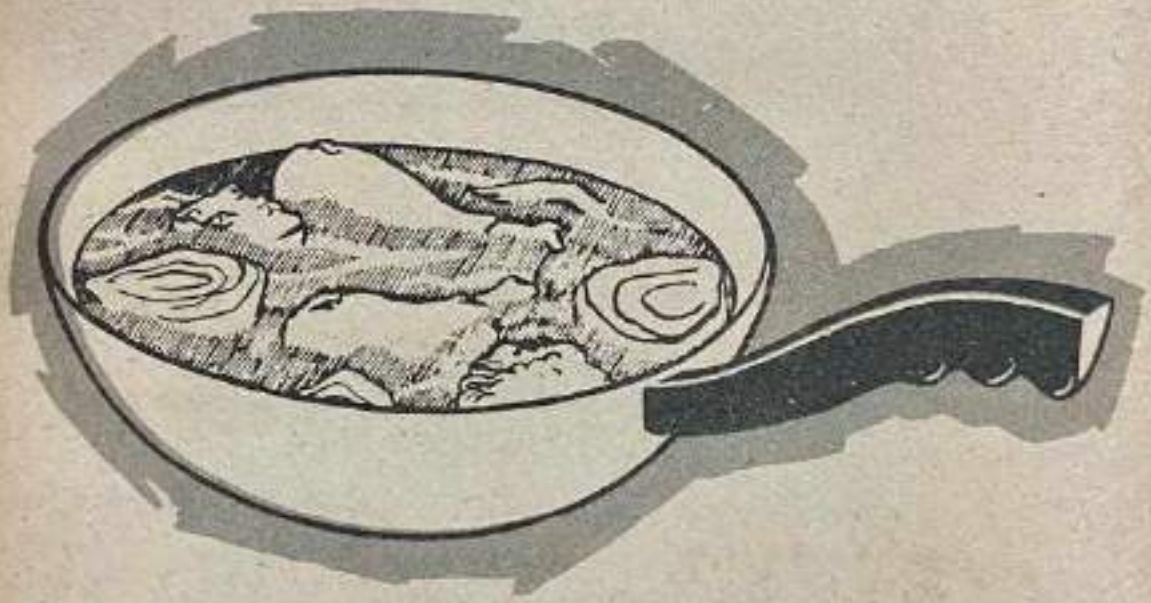
This is a recipe of Don Alfonso—he suggests that young fat, native hen be used and the best patis available.

Cut chicken into serving pieces. In a heavy saucepan (with cover), heat pork fat. Saute ginger strips and add chicken pieces. Brown chicken pieces lightly and add patis. Cover pan tightly and lower flame. Allow patis to be absorbed. Watch carefully to prevent the chicken from drying. If all patis is absorbed and chicken is still not tender, add chicken stock. There should be enough liquid. When chicken is tender, add sili leaves and continue cooking for two (2) minutes more. Serve hot.

CHICKEN AND PORK ADOBO

1 c. native vinegar
1 head garlic, crushed
½ tsp. black pepper
1 bay leaf (optional)
2 tbsps. rock salt
1-4 tbsps. soy sauce
1 chicken (about 500 gms.), cut up
½ k. pork, cut into 1" x 2" pcs.
A slice of pork liver, cut into 1" x 2" pcs. (optional)
1½-2 c. water
Cooking oil for frying

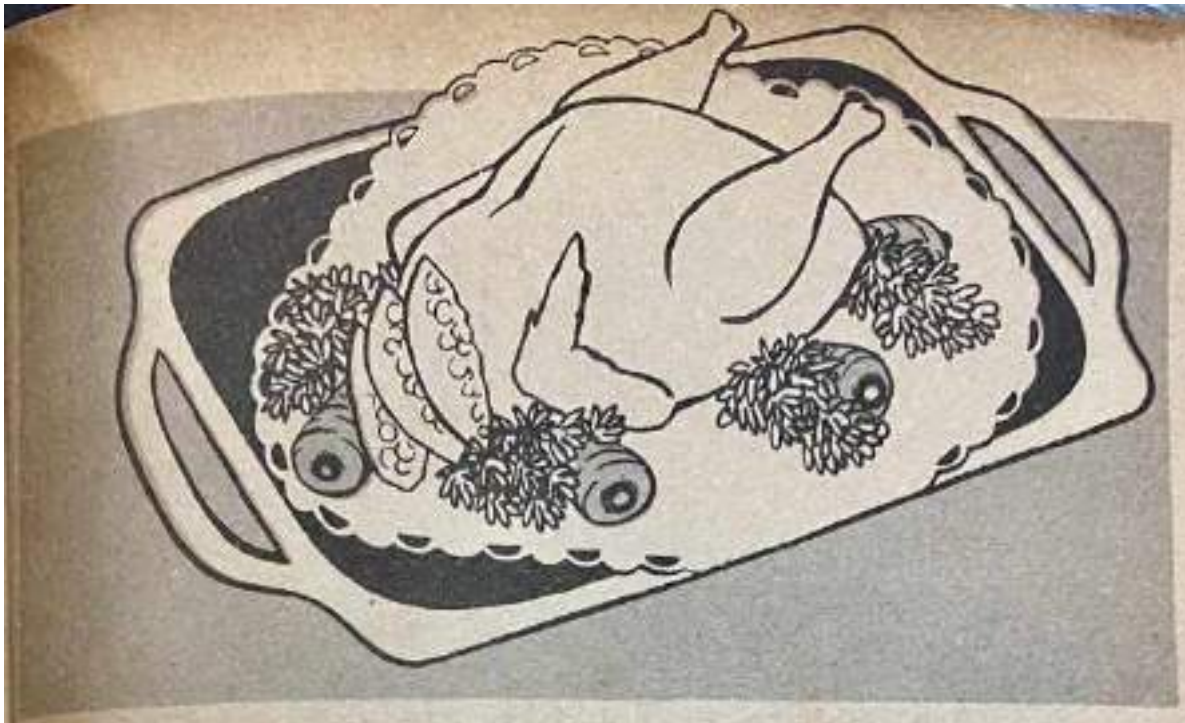
In a saucepan, combine vinegar, garlic, pepper, bay leaf, rock salt and soy sauce. Put in chicken, pork and liver. Let soak for 20-30 minutes. Add water and simmer uncovered until tender. Strain sauce. Set aside. Chop liver finely. Combine with sauce. Set aside. Brown garlic, chicken and pork in cooking oil. Return everything to saucepan, cover and simmer until sauce thickens.



CHICKEN WITH CASHEW NUTS (SIMPLE VERSION)

4 spring chicken breasts
1 egg white
1 tbsp. cornstarch
Salt
Aji-no-moto
1 tbsp. soy sauce
1 tsp. sugar
½ c. cashew nuts

Dice chicken breast. Add the egg white and cornstarch. Season with salt, Aji-no-moto, soy sauce and sugar. Blend very well. Set aside. Fry cashew nuts in cooking oil until brown and crisp. Set aside. Deep fat fry chiken breast. Drain out fat. Disperse 1 tbsp. cornstarch in ¼ cup water. Add to chicken and continue cooking. Top with crisp cashew nuts. Serve.



CHICKEN RELLENO (STUFFED CHICKEN)

1 large chicken, (about 1½-2 kilos)
3 tbsps. soy sauce
2 tbsps. calamansi or lemon juice
½ k. ground pork
¼ k. cooked ham, chopped finely
4 pcs. vienna sausage, chopped finely
¼ c. sweet pickle relish
3 eggs
½ c. grated cheese
10 pcs. green olives, pitted then chopped
½ c. raisins
1-2 tbsps. tomato catsup
Salt and pepper to taste
1 tsp. Aji-no-moto
2 hard cooked eggs, quartered
¼ c. butter

Debone chicken for stuffing. Marinate in soy sauce and calamansi juice. Set aside. Mix thoroughly next 11 ingredients. Fry about a tbsp. of the mixture. Correct seasonings. Stuff chicken, arrange quartered eggs in the center. Sew up opening and wrap in aluminum foil. Bake in moderate oven (350°F.) for 1½ hour. When almost done, unwrap and continue baking until brown. Baste with butter occasionally. Cool and slice. Arrange in a platter, serve with Gravy and Glazed Sweet Camotes.* Serves 12.

Gravy

Chicken liver, gizzard and heart
¼ c. pan drippings
3 tbsps. flour
2 c. broth
Salt
¼ tsp. pepper
1 tsp. Aji-no-moto

Boil chicken giblets in 2½ cups water. Reduce to 2 cups. Chop giblets, set aside. Heat pan drippings, blend in flour and brown slightly. Add chopped giblets, pour in broth stirring constantly. Cook until thick. Taste and correct seasoning. Serve with Stuffed Chicken.

* *Recipe of Glazed Sweet Camote, on page 81.*

DICED CHICKEN BREAST WITH CASHEW NUTS

4 pcs. chicken breast, diced
1 egg white
1 tbsp. ang-chow (optional)
½ c. bamboo shoots, diced
1 tbsp. sugar
1 tbsp. cornstarch
1 tbsp. cooking oil
1 tbsp. soy sauce
2 tbsps. rice wine
1 tsp. salt
1 tsp. Aji-no-moto
⅓ c. cashew nuts
⅓ c. cooking oil
4 pcs. dried mushrooms, soaked and then diced
1 tbsp. soy sauce
Sesame oil

In a bowl, combine the chicken breast, egg white, ang-chow, bamboo shoots, sugar, cornstarch, cooking oil, soy sauce, rice wine, salt and Aji-no-moto. Blend thoroughly. Fry the cashew nuts in cooking oil until crisp and golden brown. Set aside. Saute mushrooms in cooking oil. Add 1 tbsp. soy sauce. Pour in the chicken mixture. Cook 5-6 minutes. Sprinkle with sesame oil. Serve hot with fried cashew nuts on top.

GINGER & ONION CHICKEN

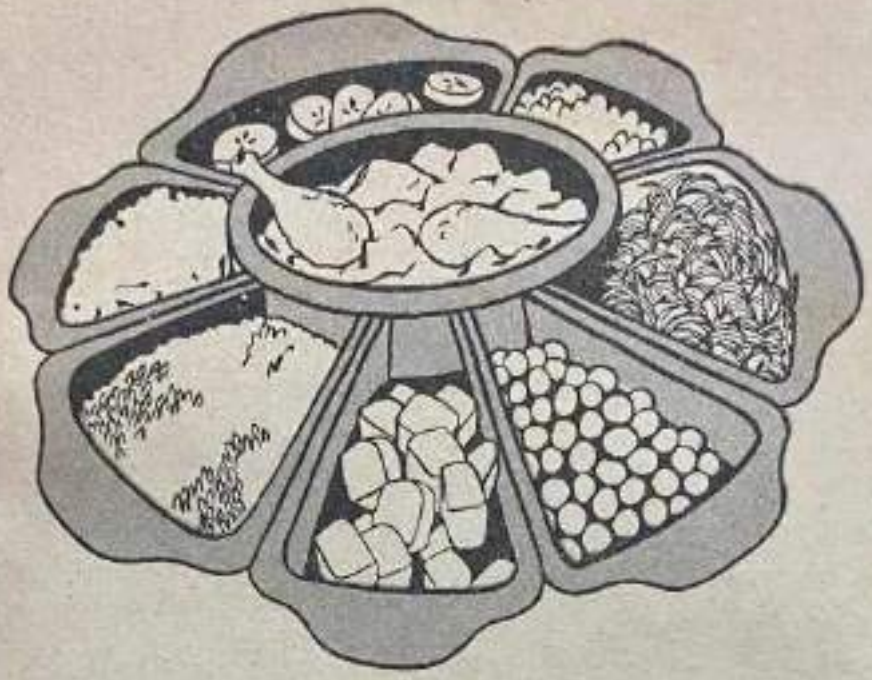
1 chicken (about 800 gms.), cut up
1 tsp. salt
½ tsp. Aji-no-moto
¼ tsp. pepper
¼ c. all-purpose flour
½ c. cooking oil
¼ c. ginger, minced
¼ c. spring onion, minced
2 tbsps. soy sauce
2 tbsps. sugar
2 tsps. cornstarch

Combine salt, Aji-no-moto and pepper. Season chicken. Dust with flour. Heat oil. Fry four or five pieces of chicken at a time until brown. Remove chicken to a casserole. Set aside. Saute ginger and spring onion. Stir in soy sauce, sugar and 2 tsps. cornstarch dispersed in water. Bring to a boil. Pour over chicken. Add 1 c. water. Cover tightly, and simmer for 15 minutes or until chicken is done. Serve with hot rice.

PAPER-WRAPPED CHICKEN

2 tbsps. soy sauce
8 pcs. spring onion, cut finely
2-3 slices ginger, chopped finely
1 tsp. salt
2 tsps. sugar
1 tbsp. rice wine or any other cooking wine
2 spring chicken
20 pcs. (4" x 4") cellophane paper
Cooking oil

Prepare marinade by combining soy sauce, spring onion, ginger, salt, sugar and wine. Set aside. Remove bones and skin of chicken. Cut into 2" strips. Soak the sliced chicken in the marinade for 20 minutes. Then divide chicken into 20 portions. Wrap and seal each portion in a piece of cellophane paper. Heat the cooking oil and fry the packages in deep hot fat for 2 minutes. Fry in 4-5 lots if frying pan is too small to fry in one lot. Heat the oil to boiling before frying the rest. Serve hot without unwrapping the cellophane paper so that the juice and heat are sealed in.



CHICKEN CURRY

1 coconut, grated
1½ c. warm water
2 tbsps. cooking oil
1 clove garlic, minced
½ c. onions, minced
1 chicken (about 1 k.), cut up
1-2 tbsps. curry powder
1 tbsp. chili powder
1 tsp. salt
1 tsp. vetsin
¼ c. tomato sauce

Add ½ cup warm water to the grated coconut. Place in cheese cloth and squeeze to get one cup of thick coconut milk. Set aside. Repeat using 1 cup warm water. Set aside. Saute garlic and onion in cooking oil. Drop in chicken pieces, cook covered for 5 minutes. Measure curry powder, chile powder, salt and vetsin. Pour in thick coconut milk and tomato sauce. Simmer gently, stirring frequently until chicken is tender. A second cup of coconut milk may be added if needed. Dish should not be too dry. Serve with hot rice and accompaniments. Accompaniments are mango chutney, french fried onion rings, fried eggplant, chopped peanuts, crisp fried bacon chips and raisins.

MANGO CHUTNEY

1 c. vinegar
4 c. brown sugar
4 tsps. salt
4 c. green mangoes, sliced paper thin
2 green peppers, julienne
2 red peppers, julienne
1 head garlic, peeled
20 pcs. native onions, peeled
2 hot peppers
1 thumb-sized ginger, julienne
⅓ c. raisins

In a saucepan, combine the vinegar, sugar and salt. Boil uncovered for 5 minutes. Remove scum. Drop in sliced mangoes. Continue boiling until mangoes are transparent. Combine the rest of the ingredients except raisins. Boil until vegetables are wilted. Stir in raisins. Pack hot mixture in jars. Cover and sterilize jars for 30 minutes in pan with boiling water.

CHICKEN A LA KIEV

2 pcs. chicken breasts
2 pcs. drumsticks
¼ lb. butter
1 clove garlic, crushed
¼ tsp. salt
⅛ tsp. pepper
Salt for seasoning chicken meat
½ c. flour
1 c. bread crumbs
2 eggs, slightly beaten with 2 tbsps. water
Cooking oil for frying

Separate chicken meat from bones. Make cutlet of the breast meat and drumstick. Flatten out. Season with salt. Set aside. Combine butter, garlic, ¼ tsp. salt and pepper. In the center of cutlet, place a finger of butter mixture. Roll meat tightly. Chill thoroughly. Dredge in flour, then in slightly beaten eggs, then in bread crumbs. Repeat. Chill for at least 30 minutes. Deep-fat fry. Garnish with parsley and radish roses.

CHICKEN A LA KING

2 tbsps. butter
1 tbsp. flour
½ c. chicken stock
½ c. evaporated milk
½ tsp. salt
1 c. boiled chicken, diced
½ c. sliced mushrooms, sauteed in butter
¼ c. green pepper, diced
¼ c. pimientos, diced
1 egg yolk, slightly beaten
2 tbsps. sherry
10-12 pcs. loaf bread, toasted

Melt butter in a saucepan. Stir in flour. Pour stock and scalded milk gradually, stirring constantly. Cook slowly until slightly thickened. Season with salt. Add the diced chicken, sliced mushrooms, green pepper and pimientos. Blend in the egg yolk and sherry. Cook until thick. Serve on toasted bread.

BREAST OF CHICKEN WITH ASPARAGUS

2 large chicken breasts or 1 chicken, boiled deboned and cut into large squares
¼ k. cooked ham, cut into large squares
10-12 pcs. asparagus, cut in half

Sauce

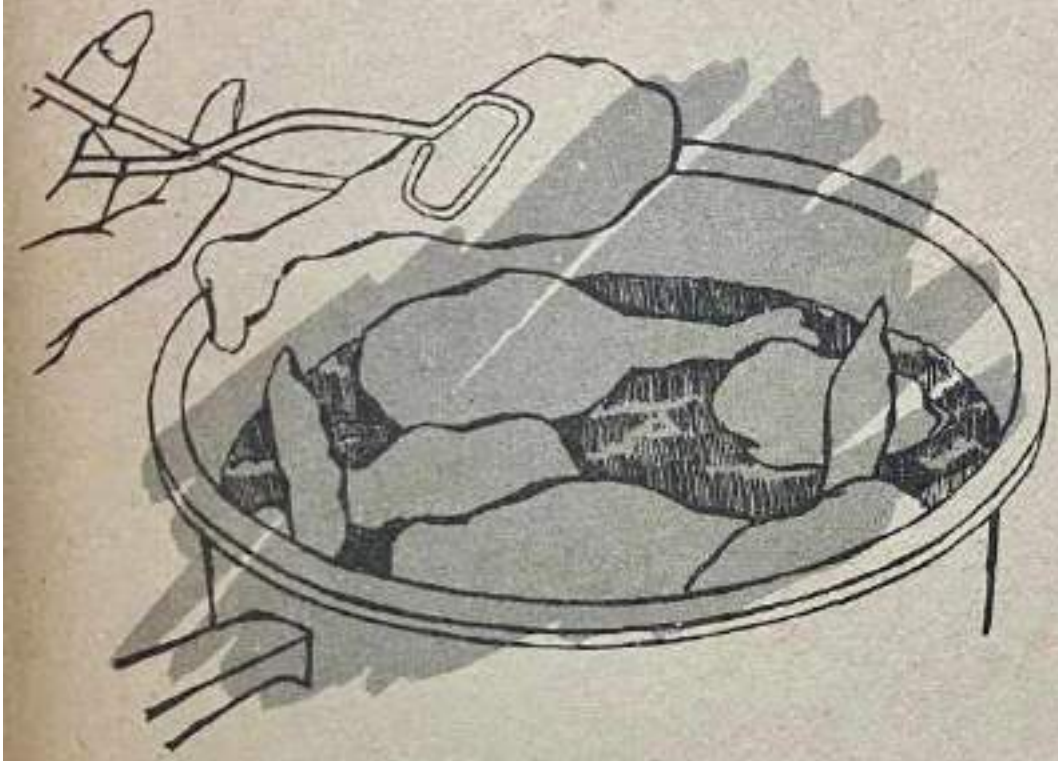
½ c. butter or margarine
1 medium onion, chopped
½ c. all-purpose flour
¾-1 c. chicken broth
Water from asparagus
2 egg yolks
1 tbsp. prepared mustard
¾ c. evaporated milk
2 tsps. lemon juice
Grated rind of 1 lemon
1 tsp. maggi seasoning
1 tsp. salt
1 tsp. Aji-no-moto
⅓ c. grated cheese

Saute onion in butter. Sift in the flour and blend well. Add the chicken broth stirring carefully after each addition. Add the water from the asparagus and mustard. Blend together egg yolks, evaporated milk, lemon juice and rind. Add to sauce. Season with maggi, salt and vetsin. Cool. In a pyrex dish, put a layer of cooked chicken, then asparagus, then the ham. Top with sauce. Repeat, ending with the sauce. Sprinkle with grated cheese. Broil until cheese is melted. Serve hot.

CHICKEN MARENGO

1 medium-sized chicken, cut up
½ c. all-purpose flour
1½ tsp. salt
¼ tsp. pepper
¼ c. cooking oil
3 cloves garlic, chopped
¼ c. onion, chopped
½ c. tomatoes, chopped
½ c. tomato sauce
⅛ c. dry white wine or any cooking wine
1½ c. chicken stock or water
½ c. mushroom caps
2 tbsps. cooking oil
2 tbsps. parsley, chopped
½ c. croutons

Dust chicken pieces with flour seasoned with salt and pepper. Heat cooking oil in a skillet. Fry pieces of chicken to a golden brown. Set aside. In the same skillet, saute garlic, onions and tomatoes. Pour in tomato sauce and dry white wine. Simmer 1 minute. Put back browned chicken. Add stock, cover and cook gently until chicken is tender. Meanwhile, saute mushrooms in 2 tbsps. cooking oil. Set aside. Remove chicken to a platter. Garnish with croutons and pour in sauce. Garnish with chopped parsley and sauteed mushrooms. Serve hot.



FRIED CHICKEN

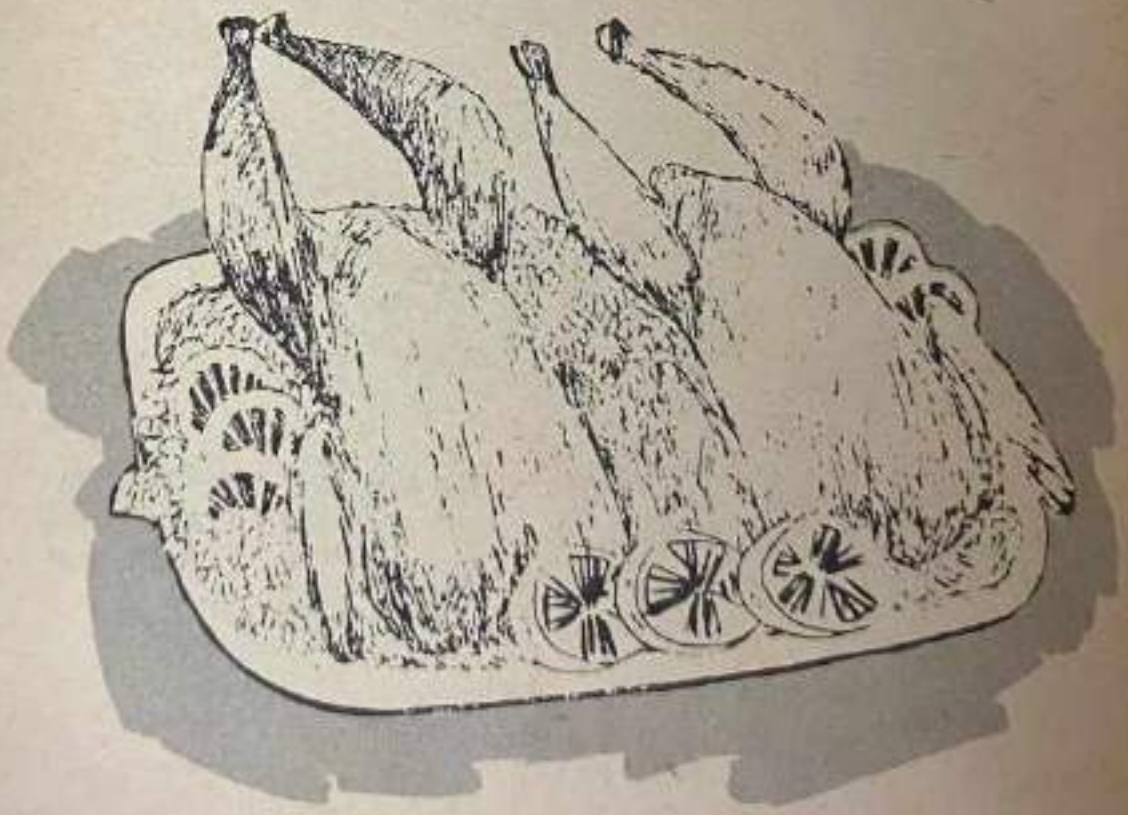
1 fryer (about 1 k.), cut in serving pcs.
½ c. milk
½ c. bread crumbs
½ tsp. salt
⅛ tsp. pepper
½ tsp. Aji-no-moto
1 c. cooking oil

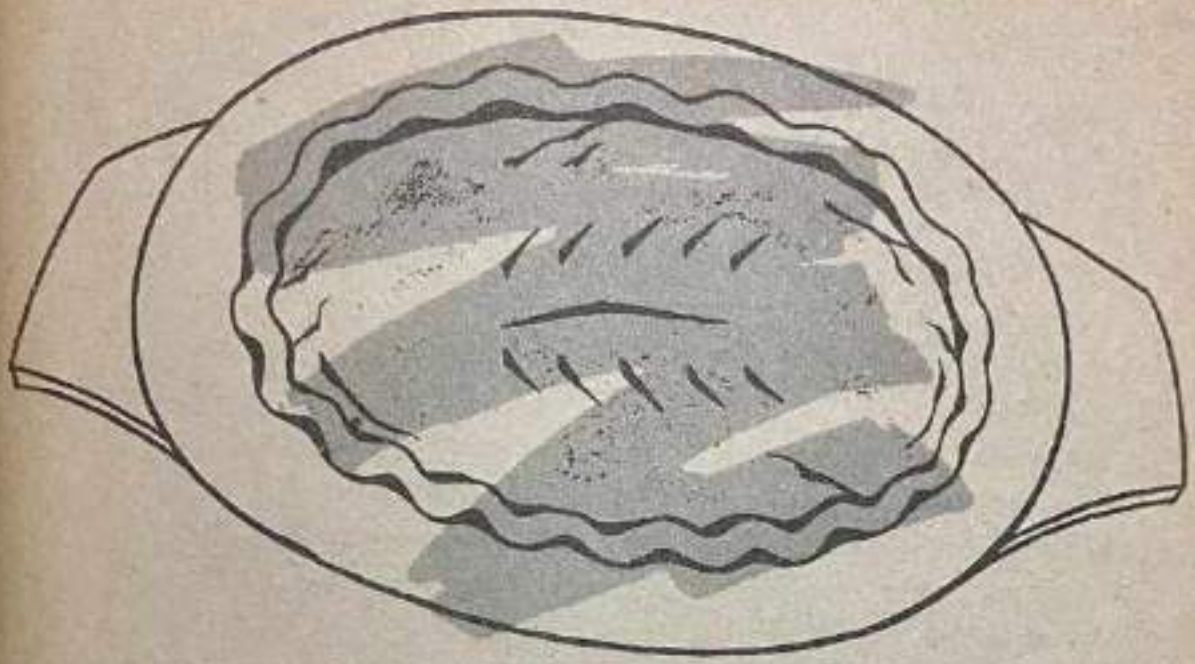
Soak chicken in milk. Measure bread crumbs, salt, pepper, and Aji-no-moto in a paper or plastic bag. Put in 3-4 pieces chicken at a time and shake. Deep fat fry. Arrange on a platter, serve with buttered string beans and mashed potatoes.

POLLO A LA NARANJA

½ c. red wine
½ c. orange juice
1 tsp. paprika
1 tsp. salt
¼ tsp. pepper
1 whole chicken (about 1 k.)
½ c. olive oil
2 onions, quartered
1 bay leaf
1 sprig parsley
Peel of half an orange
1-2 c. ham bone stock
1 orange, sliced for garnishing
¼ c. butter

In a bowl, combine red wine, orange juice, paprika, salt and pepper. Put in chicken and let stand 30 minutes. Turn occasionally. Heat olive oil and butter. Lift chicken from marinade and fry until golden brown. Place chicken, olive oil and butter mixture, marinade and remaining ingredients in a covered casserole. Simmer until chicken is tender. Arrange in a platter. Strain sauce. Pour back into casserole, simmer until thick. A tsp. of cornstarch dispersed in 1 tsp. water may be added to thicken the sauce. Spoon sauce over chicken. Garnish with orange slices and sprigs of parsley.





CHICKEN PASTEL

1 chicken (about 800 gms.), cut up
3 tbsps. soy sauce
Juice of 1 lemon or dayap
5 c. cold water
1½ tsp. salt
¼ tsp. pepper
⅓ c. butter
1 pc. chorizo de bilbao, sliced
1 c. vienna sausage, sliced
1 c. broth
1 pc. carrot, cut into cubes
1 pc. potato, cut into cubes
½ c. green olives
½ c. mushrooms
2 tbsps. flour
2 hard cooked eggs, sliced

Marinate chicken in soy sauce and lemon juice. Let stand 15 minutes. Place chicken in a saucepan, add water, salt and pepper. Simmer until tender and almost all the water has evaporated. Set aside. Melt butter in a skillet. Brown chicken pieces. Drop in slices of chorizo de bilbao, vienna sausage. Pour broth; cover and cook until half done. Mix in green olives, carrots, potatoes and mushrooms. Cook everything together. Thicken with 2 tbsps. flour if necessary. Transfer cooked mixture to a pyrex dish, garnish with slices of hard cooked eggs. Cover pyrex dish with pie crust.* Bake at 400°F for about 35-40 minutes or until crust is golden brown. Serve hot.

* *Recipe of pastry for 1-crust pie, on page 149.*

CHICKEN MEXICAN STYLE

2 chicken (about 800 gms.), quartered
2 tsps. salt
½ tsp. pepper
2 tbsps. maggi seasoning
½ c. flour
¼ c. olive oil
3 cloves garlic, crushed
1 c. onion, chopped
¾ c. dry red wine
¼ tsp. marjoram
2 c. water
2 pcs. chicken bouillon
¼ c. cashew nuts, fried then chopped
2 tbsps. sesame seeds (linga)
12 pcs. stuffed olives, sliced

Season chicken with salt, pepper and maggi seasoning. Dredge in flour. Brown in olive oil. Set aside. Saute garlic and onions in same pan. Add wine and marjoram. Simmer 15 minutes. Drop chicken, pour in water and bouillon cubes. Bring to a boil. Put in the cashew nuts, sesame seeds and stuffed olives. Simmer until done. Prepare the gravy.

Gravy

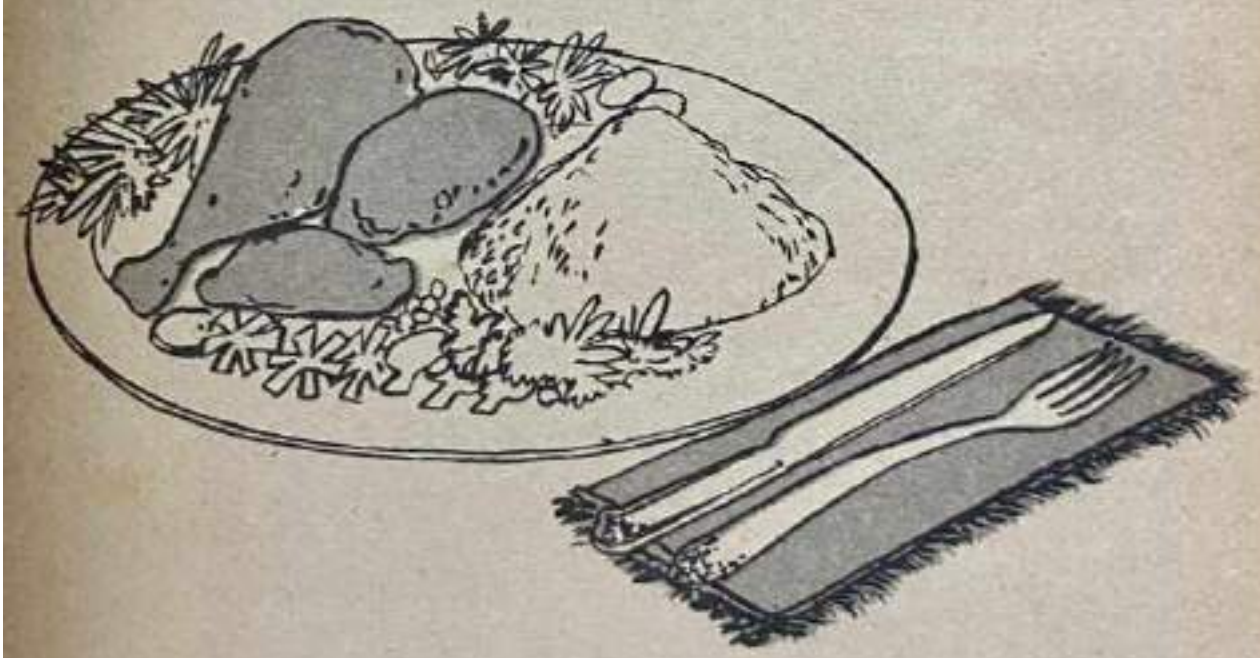
2 tbsps. butter
2 tbsps. flour
1 c. chicken broth
¼ tsp. marjoram

Melt butter. Blend in flour. Pour broth gradually, stirring constantly. Add marjoram. Combine with cooked chicken. Arrange on a platter. Garnish with fried potato balls and sprigs of parsley.

CHICKEN SAUCE SUPREME

1 fat chicken, boiled tender in minimum water with 1 pc. carrot and 2 stalks celery.
¼ c. chicken fat or butter
2-3 tbsps. flour
1 c. chicken stock, hot
¼ c. sliced canned mushrooms
2-4 tbsps. white wine
2-4 tsps. salt
dash of white pepper
1 c. light cream
2 egg yolks
cooked rice

Cut boiled chicken into serving pieces. Set aside. Melt fat or butter and add sliced mushrooms. Allow to cook for one minute. Then add flour and mix thoroughly. Pour hot chicken stock while stirring continuously. Allow to cook for about 2 minutes more and then add chicken, white wine and seasonings. Blend egg yolks and cream together. Remove chicken from fire and stir in yolk-cream mixture. Correct seasoning. Serve with mounds of rice.



GALLINA CON GUISANTES

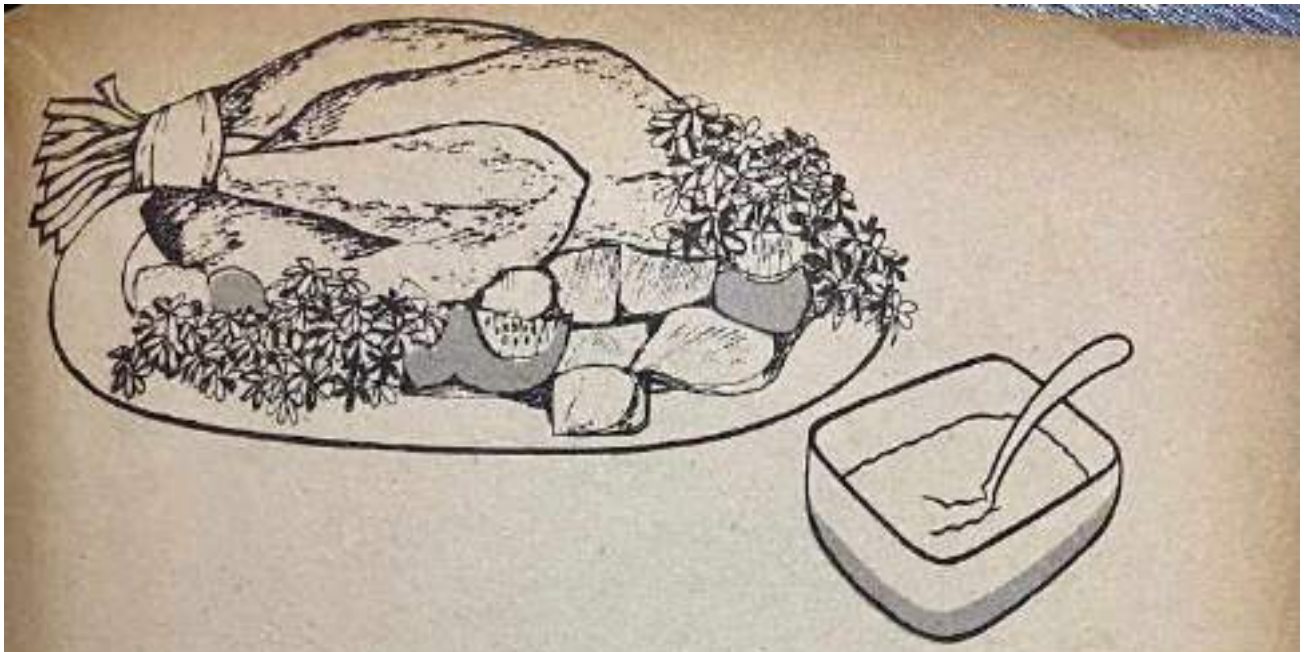
1 chicken (about 1 k.)
2 c. flour
½ tsp. salt
¼ tsp. pepper
½ c. butter
¼ c. cooking oil
4 c. good chicken or beef stock hot
2 carrots, cut in 1½ inch pcs.
3 potatoes, quartered
1 bay leaf
1 pinch oregano
1 c. green peas, canned
1 bunch leeks
1 tsp. Aji-no-moto

Mix flour salt and pepper in a paper bag. Cut chicken into serving and drop a few pieces into bag to coat each piece. Fry coated chicken in butter-oil mixture until golden brown. Add carrots and spices and leeks cut into pieces. Pour in hot chicken or beef stock. Allow chicken to cook until tender. When chicken is half done, add potatoes and green peas. The stock from the green peas may be added too. Allow chicken to cook till tender. Add ajinomoto and correct seasoning. Serve hot.

CHICKEN INDIENNE

1 chicken
1 c. flour for dredging chicken
½ tsp. salt
¼ tsp. pepper
Cooking oil
1 onion, chopped
1 tsp. sugar
1 tbsp. flour
¼ tsp. curry powder
1 c. water or chicken stock
¾ c. tomato sauce
⅓ c. Liberty Milk

Sift 1 c. flour with salt and pepper. Cut chicken into serving pieces. Coat chicken with salt-flour mixture by dropping chicken pieces into paper bag with salt-flour mixture. Fry chicken to golden brown. Remove chicken from pan and set aside. Saute onion in hot oil. Add sugar, flour, and curry powder. Pour in water and stir till ingredients are thoroughly blended. Add tomato sauce and chicken. Allow to simmer until tender. Correct seasoning. When almost done add ⅓ c. Liberty Milk and serve immediately.



ROAST CHICKEN

1 roasting chicken (about 1½ k.), dressed
⅓ c. soy sauce
1 tbsp. calamansi or lemon juice
Butter or margarine

Marinate chicken in soy sauce and calamansi juice. Let stand 30 min. Remove chicken from marinade, stuff. Sew openings. Tuck neck by pushing in over skin. Truss wings at the side with a piece of string. Brush with margarine and wrap in aluminum foil. Bake at 325°F for 1 hour. Unwrap and continue baking until chicken is golden brown. Baste occasionally with margarine. Serve with gravy.

Bread Stuffing

⅓ c. bacon, in small pcs.
¼ c. chopped onions
2 pcs. bread, torn into pcs.
¼ c. evaporated milk
¾ tsp. salt
1½ tsp. Aji-no-moto
¼ tsp. pepper

Soak bread in milk. Set aside. Cook bacon. Set aside. In bacon fat, saute chopped onions. Add soaked bread. Put back bacon pieces. Season with salt, pepper and Aji-no-moto

Gravy

Chicken giblet and liver
2 c. water or chicken stock
2 tbsps. chicken fat
½ tbsp. flour
Drippings
Salt and pepper to taste

Boil the chicken giblet and liver in 2 cups water until tender. Set aside 1 cup broth. Chop giblet and liver. Set aside. Heat chicken fat in a pan. Blend in flour. Pour in drippings and 1 cup stock. Add more stock if desired. Add chopped giblet and liver. Season with salt and pepper. Cook until thick.

FRIED PIGEON

⅓ c. soy sauce
1 c. water
2 tbsps. rice wine
1 tbsp. sugar
2 bay leaves
2 pigeons or squabs, dressed
1 tbsp. honey or corn syrup
Cooking oil for deep fat frying
¼ lemon, sliced
*Pepper-Salt

Combine first 5 ingredients together. Bring to a boil. Cook the pigeons in the above mixture for 15 minutes. Turn occasionally. Remove and cool. Rub with honey, let stand 15 minutes. Put pigeon in a strainer or frying basket. Lower basket carefully in extremely hot oil, spoon oil over. Fry 1-2 minutes. Chop pigeons to serving pieces and arrange on a platter. Garnish with lemon slices. Serve with Pepper-Salt.

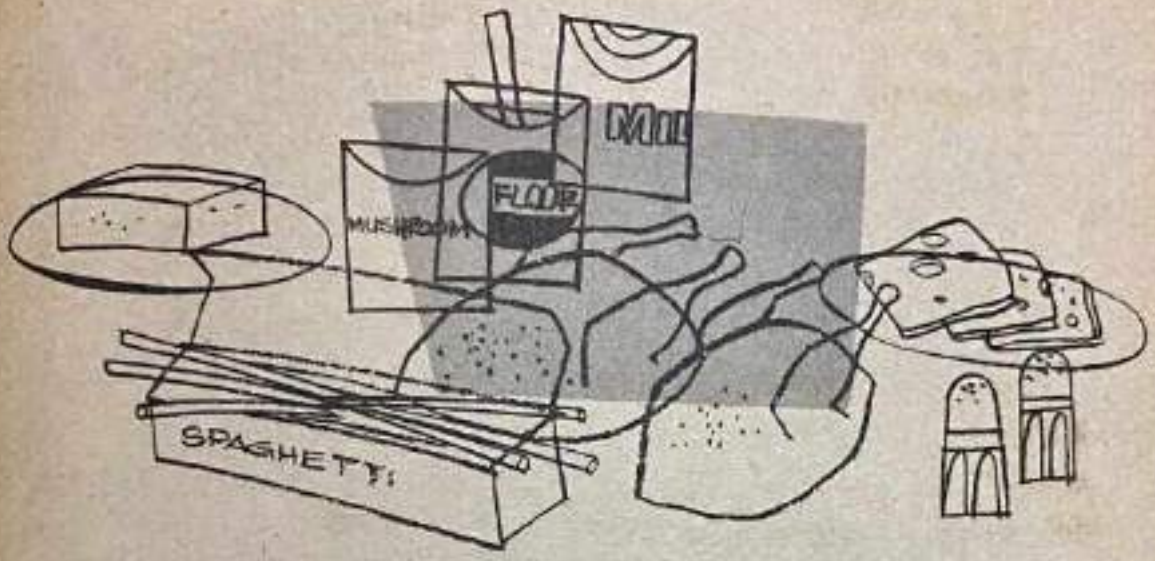
*Pepper-Salt

Toss 1 tbsp. salt in a dry saucepan about 2 minutes. Add 2 tsps. black pepper. Cook until extremely hot and smoking. Serve with fried pigeon.

PATO TIM

1 duck (about 1 k.), dressed
1 tbsp. soy sauce
½ tsp. ginger, in strips
2 tbsps. rice wine
¼ c. cooking oil for frying
6 pcs. dried mushrooms, soaked
5 pcs. asparagus
¼ tsp. ginger, in strips
Water from 1 can of asparagus
2 tsps. cornstarch dispersed in
1 tbsp. water

Soak duck overnight in soy sauce, ginger and rice wine. Brown in hot cooking oil. Make a bed of mushrooms and asparagus on a platter. Sprinkle with ginger. Nestle fried duck on bed of mushrooms and asparagus and steam for 2 hours. Debone and put back on the platter. Collect drippings, add water from asparagus. Bring to a boil, thicken with cornstarch. Pour over duck. Serve hot.



CHICKEN TETRAZZINI

2 chicken (about 1 k. each), cut into 8 pcs.
1 can mushrooms, sliced
¼ c. butter
1 box spaghetti
3 tbsps. butter
3 tbsps. flour
2 c. chicken broth
1½-1¾ c. scalded evaporated milk
⅓ c. sherry wine
Salt and pepper to taste
½ c. grated cheese (parmesan or swiss)

Cover chicken with boiling water, simmer until tender. Season water. Remove chicken from the broth, shred meat finely. Set aside. Put back bones in saucepan with broth, boil until reduced to 2 cups. Saute mushrooms in butter. Set aside. Boil spaghetti in salted water "al dente." Melt butter in saucepan. Blend in flour and gradually stir in the hot strained chicken broth stirring constantly until smooth. Let boil 3-4 times. Stir in the scalded milk and wine. Divide sauce. To one part, add the shredded chicken. To another, the well-drained spaghetti and mushrooms. Season both to taste with salt and pepper. Put prepared spaghetti in a baking dish making a cavity in the center and banking it around the sides of the dish. Pour the chicken mixture in the center, sprinkle generously with cheese. Bake at 350°F. until lightly browned, about 10-12 minutes. Serve right from the baking dish.

DINUGUAN

2 tbsps. cooking oil
3 cloves garlic, minced
1 onion, minced
½ k. pork head, boiled until soft then diced
1 pc. pork heart, boiled then diced
100 gms. pork liver, diced
½-¾ c. native vinegar
2 c. broth
1¼ c. pork blood
1 c. beef blood
4 pcs. long green sili (hot pepper)
1 tbsp. salt
½ tsp. Aji-no-moto

Saute garlic in cooking oil, add onion, pork head, heart and liver. Pour in vinegar and boil uncovered, without stirring until vinegar has evaporated. Add broth, cover and simmer for 15 minutes. Strain pork blood. Set aside. Cut beef blood into small pieces. Pour in pork and beef blood stirring continuously until thick. Drop sili. Simmer 5 minutes more. Season with salt and Aji-no-moto.

PORK ESTOFADO

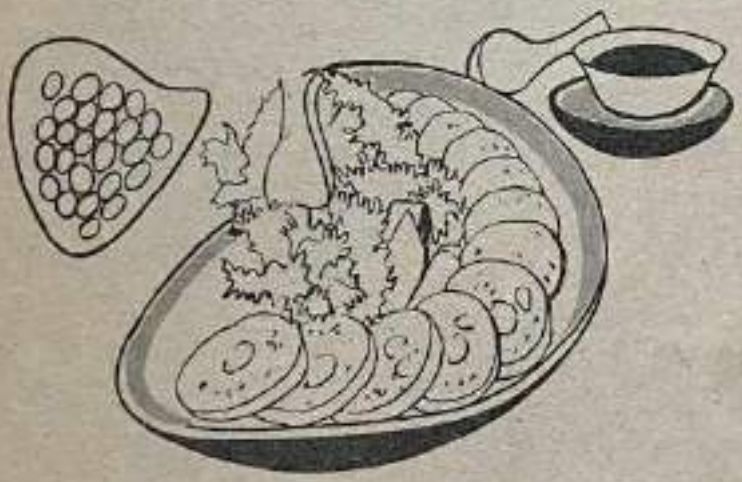
¼ c. cooking oil
3 cloves garlic
½ k. lean pork, cut in serving pcs.
⅓ c. vinegar
¼ c. soy sauce
⅓ c. sugar
⅓ c. water
8 peppercorns
1 carrot, cut in strips
2 pcs. saba bananas, cut diagonally about 1" thick, fried
2 pcs. pan de sal or french bread, cut in squares and fried
1 bay leaf

Brown garlic in hot oil. Drop pork pieces, fry until brown. Add vinegar, soy sauce, sugar, water, bay leaf and peppercorns. Allow to boil without stirring. Lower flame and cook until pork is almost done. Add carrots and continue cooking till pork is tender. Before serving, add fried bananas and pan de sal or French bread. Serves 5.

EMBUTIDO

½ k. lean pork, ground
½ c. vienna sausage, chopped
1½ tsps. salt
⅛ tsp. pepper
1 tsp. Aji-no-moto
2 tbsps. all-purpose flour
¼ c. sweet relish
2 eggs
¼ k. leaf lard or sinsal
1 hard cooked egg, sliced
1 pc. chorizo de bilbao, or 4 vienna sausages cut lengthwise into 4
¼ c. raisins

Combine first 8 ingredients. Blend thoroughly. Spread pork mixture on an 8" x 10" piece of leaf lard. Arrange slices of hard cooked eggs, chorizo de bilbao or vienna sausage and raisins on pork mixture. Roll as for jelly roll. Wrap in cheese cloth or aluminum foil. Boil in soup stock for 1 hour or if wrapped in aluminum foil, bake in a moderate oven (350° F.) for 1 hour. Chill. Before serving remove wrappings and slice. Makes 2 rolls.



HUMBA

1 k. pork pigue or pork ham, whole
2 cloves garlic, minced
1 c. water
2 tbsps. soy sauce
2 tbsps. brown sugar
1 tsp. salt
½ c. vinegar
1 sprig oregano
½ bay leaf (laurel)
1 heaping tbsp. tausi (salted black beans)
2 tbsps. fat

Mix all ingredients and cook until pork is tender. Slice pork into serving pieces. Arrange on a platter, set aside. Strain sauce and pour over pork. Serve hot.

KILAWIN

(Pickled Pork with Soybean Curd)

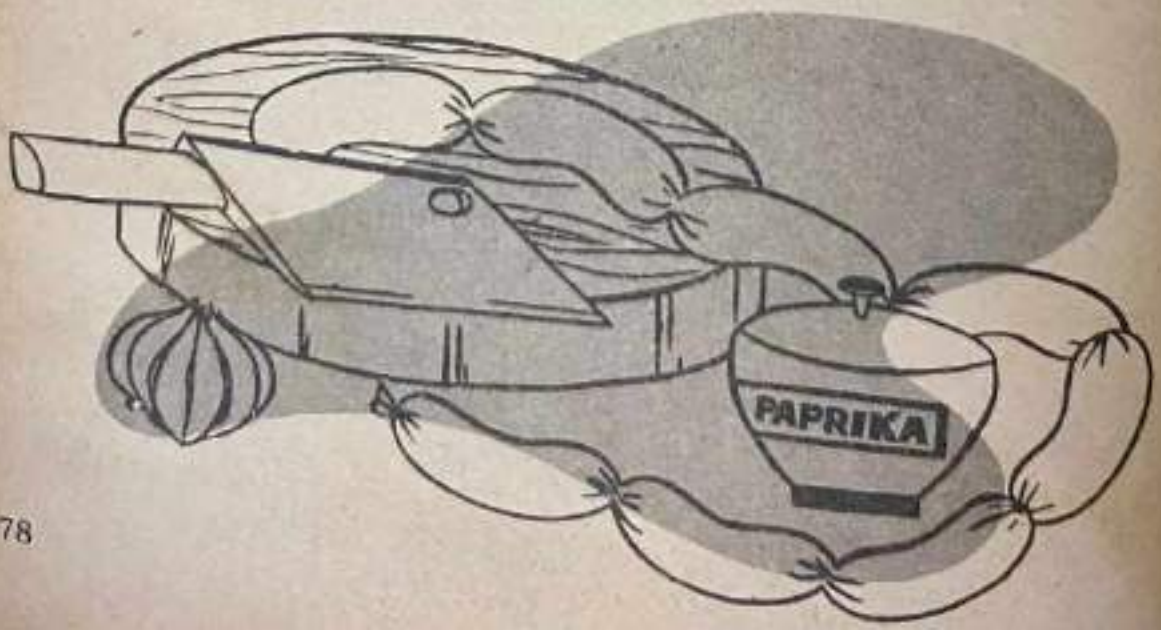
½ pig's head, boiled soft and cut into bite-size pcs.
3 pcs. tokua or soy bean curd, in squares and fried
1 head garlic, finely minced
1 big onion, finely sliced
½ tsp. ground black pepper or whole peppercorn, pounded
1 c. native vinegar
1 tbsp. soy sauce
Salt to taste

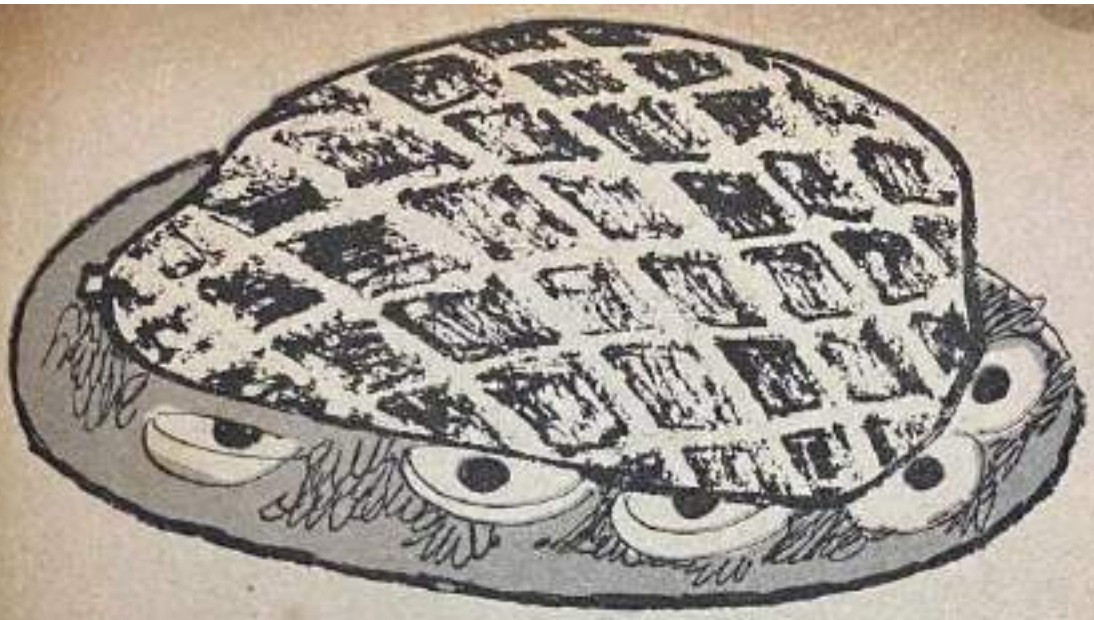
Mix above ingredients together. This may be a complimentary dish to the Pancit Luglog or served separately.

LONGANIZA

½ k. pork meat with fat, ground
1 tbsp. salt
½ tsp. pepper
¼ c. vinegar
½ head garlic, minced
1 tsp. paprika
⅛ tsp. saltpeter (salitre)
1 tbsp. brown sugar
1 dozen large dry pig's intestines (casing)

Mix first 8 ingredients thoroughly. Let stand 1-2 hours. Using funnel, fill sausage casing with pork mixture. Tie at 6" intervals and dry in the sun. Keep refrigerated. To cook: Boil sausages in enough water to cover until water has evaporated. Prick several times with a fork. Put in 2 tbsps. cooking oil. Fry until done.





HOME-MADE HAM

1 k. pigue or pork ham, whole
3 tbsps. salt
3 tbsps. sugar
1 tsp. saltpeter (salitre)

Combine salt, sugar and saltpeter. Spread one-half of curing mixture all over fresh pork. Store in refrigerator in a covered container. The next day spread the other half of the curing mixture on the meat. Allow to stand in the refrigerator for one week. Remove rind and tie to make a nicely shaped ham.

To Cook Ham

1 c. sugar
1 c. pineapple juice

Place ham on a rack set on a rectangular pan. Mix sugar and pineapple juice in a bowl. Pour this over the meat. Bake at 325°F. to an internal temperature of 185° as tested by a meat thermometer. Baste every 10 minutes. This will take about 40-60 minutes

To Stew Ham

1 c. sugar
1 c. pineapple juice

Set a rack in a skillet or on a heavy pan and place the ham. Mix sugar and pineapple juice. Stew over low to medium flame for 1 hour or until the center of the ham is cooked through.

NOTE: You may add ¼ tsp. cloves and ¼ tsp. pepper for an interesting flavor. Garnish with sliced pineapples and cherries.

LECHON KAWALI

1 k. pork belly (liempo)
4 c. water
2 tbsps. salt
2 tbsps. Aji-no-moto

Boil pork belly in water with salt and Aji-no-moto until skin can be pinched easily. Remove from fire and drain. Cool and air dry. Deep fat fry in a kawali or deep saucepan until tiny blisters appear on the skin. Chop into serving pieces and serve with Lechon Liver Sauce.

LECHON LIVER SAUCE

⅛ c. liver paste
¾ c. native vinegar or other vinegar & 1/r c. water
1½ c. water
½ c. sugar
Kasubha (wild saffron fried in hot oil or 1 bay leaf optional)
¾ tsp. black pepper
2 tbsps. cooking oil or lard
1 head garlic, minced
6 pcs. sibuyas tagalog or shallots, sliced fine
⅓ c. bread crumbs
c. water

Mix liver paste, 1-½ c. water, bread crumbs, sugar, ½ of kasubha, laurel, salt and pepper. Blend well and set aside. Saute garlic in cooking oil. Add the onions and fry until tender. Add the liver mixture. Boil without stirring. Do not cover the saucepan. Add bread crumbs dispersed in 1 c. water. Cook till it thickens. Serve, topped with the rest of the crisp brown garlic and fried kasubha.

PAKSIW NA PATA

1 large pata or pig's feet (about 1 k.)
⅓ c. vinegar
½ c. water
½ head garlic, crushed
½ c. brown sugar
½ c. dried banana blossoms, soaked in water
1 laurel or bay leaf
¼ c. soy sauce
4 saba bananas, fried

Clean pata and boil in vinegar, water and garlic. Lower heat, simmer until pig's feet is tender. Add more water as needed. Put in remaining ingredients, simmer 5 minutes more. Serve hot.

ROAST PORK DINNER (LECHON)

1½ k. pork (pigue)
1 tsp. pepper
1 tsp. vestin or Aji-no-moto
2 tbsps. salt
2 tbsps. garlic, crushed

Clean the pork, combine the seasoning. Rub the seasoning well into the pork and let stand for one hour in a cool place. Bake in a moderate oven (350° F.) for 1½ to 2 hours or until tender. Serve with Lechon Sauce,* Native Achara and Candied Sweet Yams.

Native Achara

1 medium-sized green papaya, grated
1 green pepper, sliced in strips
1 red pepper, sliced in strips
1 small carrot, sliced in strips
1 small cauliflower, cut into flowerettes
1 small ginger, cut in strips
1 bunch native onions, peeled
1 small ampalaya, sliced
3 tbsps. rock salt
3 c. vinegar
1½ c. sugar
2 tsps. salt

Squeeze all the vegetables (except cauliflower) in salt, let stand for one hour then press out liquid. Blanch the cauliflower, drain and set aside. Place all the strained vegetables in a bowl or sterilized jar. Meanwhile, combine vinegar, salt and sugar and cook over a strong flame till boiling. Remove scum, continue boiling for another 2 minutes then pour into container with vegetables. If achara is to be stored, seal container immediately.

Candied Sweet Yams

1 k. sweet potatoes (camote)
1 c. sugar
½ c. water
1 tsp. calamansi or orange rind
3 tbsps. margarine
Juice of 1 calamansi or orange
Salt and paprika

Pare and cut potatoes lengthwise into ½" slices. Cook covered in boiling water until nearly tender. Drain. Grease baking pan. Arrange potatoes. Set aside. Caramelize sugar. Add ½ cup water. Boil. Add the margarine. Pour over sweet potatoes. Sprinkle with salt, paprika, calamansi juice and rind. Bake in moderate oven for 20 minutes. Baste several times with syrup.

* *Recipe of Lechon Sauce, on page 80.*

PORK AND BEEF SINIGANG

1 tbsp. lard
2 cloves garlic, crushed
1 onion
6 medium-sized tomatoes
10 pcs. camias
1 tbsp. patis
½ k. beef (sisigangin), cut in serving pcs.
6 pcs. native gabi
6 c. rice water
3 c. kangkong leaves and tender stalks (swamp cabbage)
5 pcs. long sili (hot pepper)
1½ tsps. salt
1 tsp. Aji-no-moto
½ k. pork sisigangin, cut in serving pcs.

Saute the garlic in hot lard until golden brown. Add the onions and cook until they become transparent. Put in the tomatoes and camias. When soft, crush them and add the patis. Drop the beef and cook covered for 5 minutes. Add the pork, cook 5 minutes more, turning occasionally. Pour in rice water and cover tightly. Let boil. When boiling, reduce the heat and simmer until pork and beef become tender. Add gabi. When tender, drop the kangkong and sili. Season with salt and Aji-no-moto. Serve hot.

PORK ASADO – CHINESE STYLE

¾ c. hot stock or water
⅓ c. soy sauce
⅓ c. brown sugar
2 tbsps. white wine
1 tsp. salt
½ tsp. Aji-no-moto
2 cloves garlic, crushed
1 k. pork pigue, whole

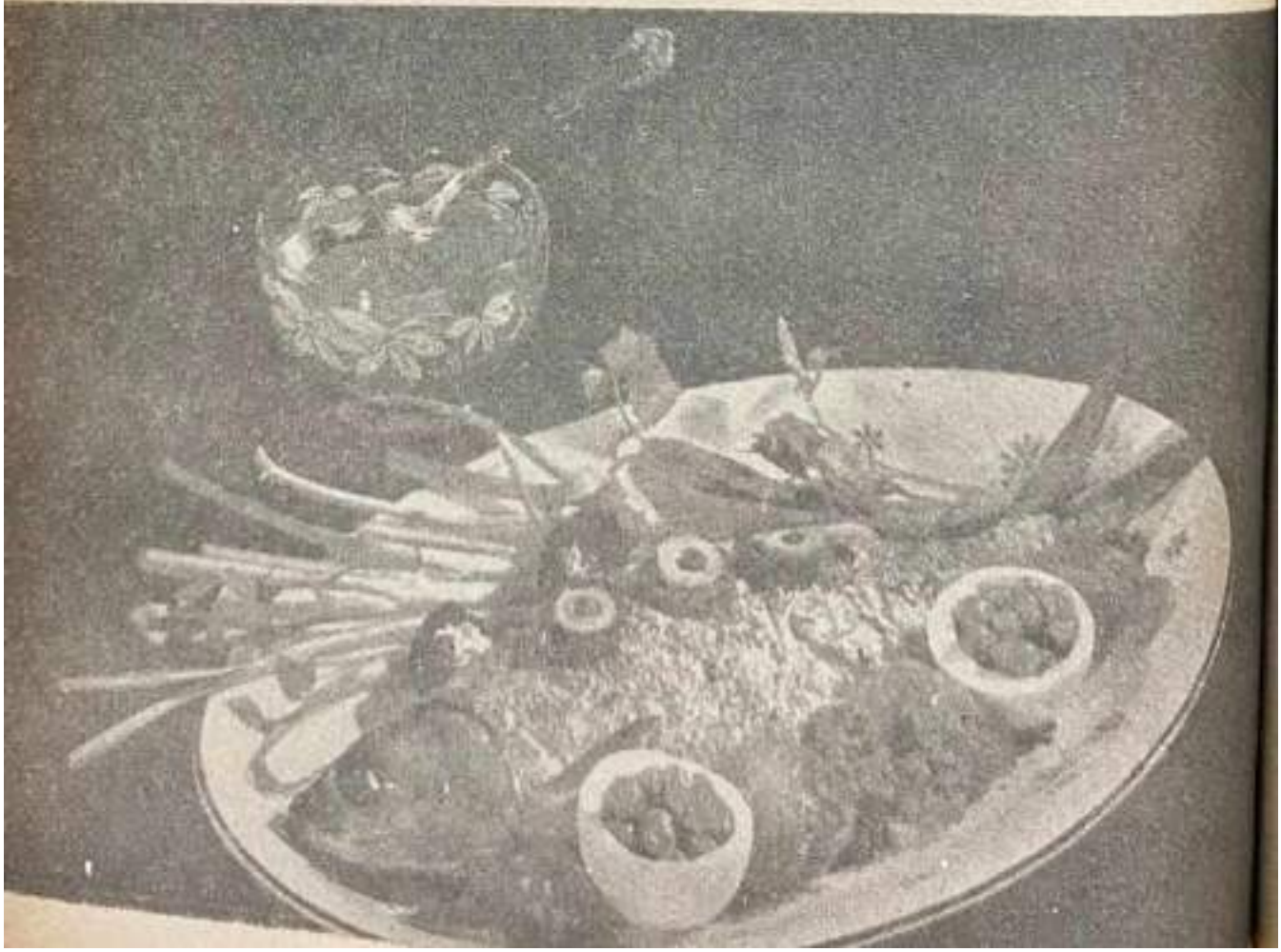
In a 2 qt. saucepan, combine first 7 ingredients. Put in pork. Cover pan, then bring to a boil. Lower heat and simmer until meat is tender. Slice meat. Serve hot with the sauce.

CREAM OF CHICKEN SOUP
Recipe on page 15

BUCO PIE
Recipe on page 172

FRIED MILK
Recipe on page 128

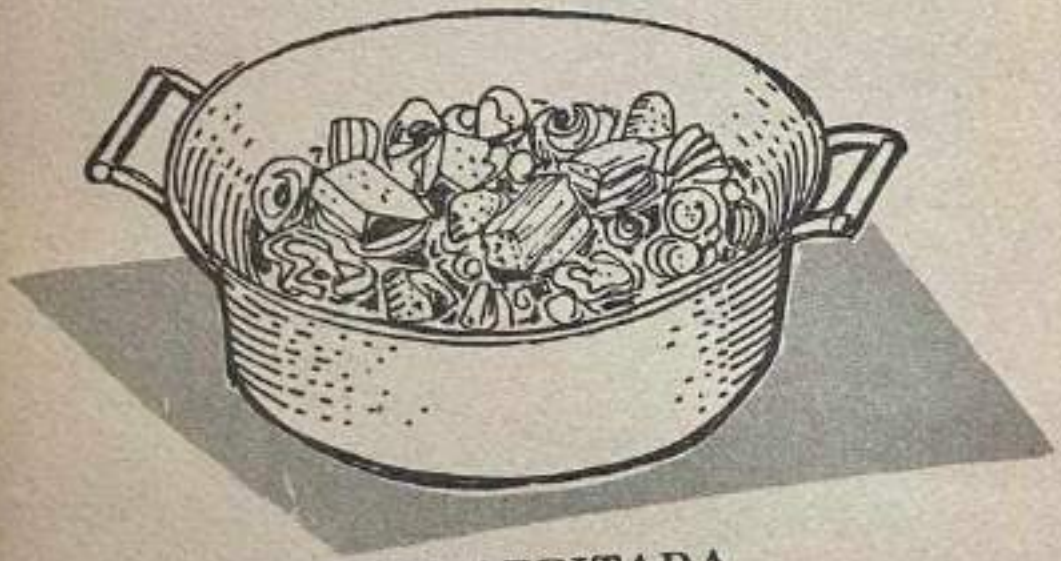
FISH WITH LIBERTY SAUCE
Recipe on page 32



PORK SUAM

1 k. pork
3 tbsps. cooking oil
3 cloves garlic, pounded
2 pcs. onion, chopped
1 thumb size pc. of ginger, sliced
¼ c. patis
6 pcs. whole peppercorn
6 c. rice water
½ k. cabbage, cut into approximately 2" x 3" slices
2 bundles misua
1 tbsp. Aji-no-moto
1 bunch green onions

Cut pork into serving pieces. Set aside. In hot oil, brown garlic and saute onions, ginger and season with patis. Add the cut pork and turn several times. Cover until it boils in its own juice. Add peppercorn and enough rice water to make pork tender. Add previously cut cabbage. When done, add misua. Before removing add the green onions. Serves 12



PORK APRITADA

1 k. pork
4 pcs. potatoes, cut into quarters
1 big onion
2 tbsps. cooking oil
3 tsp. salt
2 pcs. red pepper
3 pcs. tomatoes
½ c. tomato sauce
6 tbsps. vinegar
1½ tsp. garlic (7-10 cloves)
⅛ c. bread crumbs

Slice pork into individual pieces. Saute in garlic, onions and tomatoes. Season with salt. Add vinegar and let boil for 5 minutes. Then add enough water or stock to make meat tender and make up for sauce. When almost done, add sliced pepper and thicken with bread crumbs. Cook for 5 minutes thereafter. Remove from fire and garnish with fried potatoes.

FRIED QUE-KIAM

½ k. lean pork, diced
4 pcs. green onion, chopped
4 pcs. dried mushrooms, soaked and chopped
1 tbsp. spice powder
2 tbsps. soy sauce
½ tsp. Aji-no-moto
½ tsp. salt
1 egg
1 tbsp. cornstarch cooked in ¼ c. water
2 sheets of "tawpe" (dried soy bean milk skin)
Cooking oil for deep fat frying
3 tsps. sugar

Mix the first 9 ingredients together in a bowl. Wet edges of tawpe with water, trim and cut in two. Wrap the pork mixture with tawpe and seal with cooked cornstarch. Deep fat fry about 8-10 minutes and cut into serving pieces. Serve with pickled radish*

FRIED PINSEC

½ k. ground pork
¼ k. shrimps, chopped
4 stalks of spring onions, chopped
1 pc. bamboo shoot, chopped
4 pcs. dried mushrooms, soaked and chopped
1 egg
2 tbsps. cornstarch
Salt and Aji-no-moto
2 tbsps. soy sauce
1 tsp. sesame oil
Cooking oil for deep fat frying
50 pcs. wanton wrappers**

Mix first 10 ingredients together. Wrap and fold with the wanton wrappers. Deep fat fry for 3 minutes. Serve with sauce.

Sauce

3 tbsps. soy sauce
½ tsp. shredded ginger
3 tbsps. vinegar
Few drops sesame oil

Mix all together.

* *Recipe of Pickled Radish, on page 103.*
** *Recipe of Wanton Wrapper, on page 10.*

LUMPIA SHANGHAI

¼ k. lean pork, ground
¼ k. shrimps, finely chopped
½ c. singcamas or waterchestnuts, chopped
4 pcs. dried mushrooms, soaked then chopped
½ c. spring onion, cut very finely
1 tsp. salt
¼ tsp. pepper
½ tsp. Aji-no-moto
1 egg
1 tsp. soy sauce
30-35 pcs. lumpia wrapper or egg roll

In a bowl, combine first 5 ingredients. Season with salt, pepper and Aji-no-moto. Blend in egg and soy sauce. Beat mixture thoroughly. At one end of a lumpia wrapper, spoon about 2 tbsps. of the pork mixture and roll tightly. Brush end of wrapper with water to seal. Cut rolls into 2" pieces. Deep fat fry. Serve hot with Sweet and Sour Sauce.

Sweet & Sour Sauce 1

¼ c. vinegar
¼ c. sugar
½ tsp. salt
½ c. stock or water
2 tsps. cornstarch dispersed in 1 tbsp. water
1 tbsp. cooking oil
2 tbsps. tomato catsup

Combine vinegar, sugar, salt, stock and cornstarch. Set aside. Heat cooking oil. Fry tomato catsup. Add vinegar mixture and boil until thick.

STUFFED PATA

1 whole pig's leg, deboned
½ k. lean pork
1 tbsp. salitre or saltpeter
2 tbsps. water
1 tsp. salt
½ c. soy sauce
2 c. water
2 tbsps. sugar
2 tbsps. rice wine or white wine
Some spice
1 tsp. salt
2 tbsps. cornstarch, dispersed in ¼ c. water

Prepare pig's leg. Set aside. Cut lean pork into large pieces. Set aside. Dissolve saltpeter in water. Add salt. Combine meat from pig's feet, lean pork and saltpeter solution. Refrigerate 1-2 days. Stuff pig's leg with lean pork. Fill pata ⅔ full only or pata will break open. Sew opening. Put stuffed pata and the rest of the ingredients except cornstarch in a saucepan and simmer 1-2 hours or until tender. Cool and slice thinly. Arrange on a platter. Thicken sauce with cornstarch. Spoon over meat. Serve.

SWEET AND SOUR PORK

½ c. all-purpose flour
2 eggs, slightly beaten
½ tsp. salt
½ k. lean pork, boiled until tender then cut into 1" cubes
Cooking oil for frying
½ c. broth or water
1 c. pineapple chunks
6 pcs. sweet pickles, sliced
1 green pepper, diced
1 carrot, cut in rounds
1 clove garlic, chopped fine
Sweet-Sour Sauce
1 tbsp. cornstarch dispersed in
1 tbsp. water

Make a batter with flour, eggs and salt. Dip pork cubes in batter one at a time. Fry in hot cooking oil until golden brown. Remove and drain in absorbent paper. Return pork pieces to frying pan, add pineapple chunks, sweet pickles, green pepper, carrot, garlic and ½ cup broth. Cover and cook for 10 minutes. Prepare Sweet and Sour Sauce and pour in saucepan. Let boil uncovered for 5 minutes. Thicken with cornstarch. Serve hot.

Sweet & Sour Sauce 2

½ c. sugar
½ c. water
1 tbsp. soy sauce
1 tsp. salt
¼ c. vinegar

Combine all ingredients.

ORANGE SPARE-RIBS

⅓ c. orange marmalade
2 tbsps. peach jam
⅓ c. orange juice
1 tbsp. grated orange rind
⅓ c. soy sauce
1 tsp. Aji-no-moto
½ tsp. salt
1 k. pork spare-ribs, in 4" x ½" pcs.

Prepare marinade by combining first 7 ingredients together. Soak spare-ribs in marinade overnight. Keep refrigerated. Bake at 350°F. with half of marinade. Use other half to baste spare-ribs. When almost done, transfer to broiler, broil until quite dry. Pile on a platter, garnish with orange slices and maraschino cherries.

FRIED LUMPIA WITH SESAME SEEDS

½ k. shrimps
2 bunches spring onions
1½ c. meat asado,*
5-8 pcs. Chinese mushrooms, soaked in water and cut into pcs.
1 c. bamboo shoots (labong), cubed
2 egg yolks
2 tbsps. flour
1 tbsp. rice wine
Pepper, salt and Aji-no-moto
10-12 big pcs. lumpia wrapper
2 egg whites
½ c. sesame seeds

Combine first 11 ingredients together. Wrap in lumpia wrapper. Grease steamer and steam for 10 minutes. Rub with egg whites and sprinkle with sesame seeds. Cool. Fry in hot fat.

POTATO PORK PIE

¼ k. ground lean pork
¼ k. ground beef
2 pcs. chorizo de bilbao, chopped
12 pcs. green olives (pitted and chopped)
½ c. raisins
¼ k. ham, chopped
3 cloves garlic, crushed
3 tbsps. cooking oil
1 onion, chopped
1 c. tomato sauce
½ c. stock
1 tsp. Aji-no-moto
Salt and pepper to taste

Saute garlic and onion in cooking oil until tender. And tomato sauce and simmer for 5 minutes. Add chorizo de bilbao, ground pork, beef. Simmer until almost done. Add the ham, green olives, raisins, salt and pepper. Simmer until done. Add stock as needed. Spoon into pyrex dish. Set aside. Prepare Mashed Potatoes.

Mashed Potatoes

2 c. boiled potatoes
¼ c. butter
1 tsp. salt
½ c. LIBERTY MILK, scalded

Mash potatoes while hot. Add butter; season with salt. Beat in hot milk. Spread mashed potatoes on top of cooked mixture. Garnish with tomato catsup or tomato sauce. Bake at 350°F. until brown.

From the Liberty Milk Cookbook.

* *Recipe of Pork Asado, Chinese Style, on page 82.*

PORK IN CORNBREAD RING

1 loaf bread, torn to pcs.
1 c. evaporated milk
3 whole eggs
½ c. vienna sausage, chopped
2½ c. sweet corn
Pepper, salt and AJI-NO-MOTO
½ c. melted butter

Soak bread in milk until soft. Add remaining ingredients and mix thoroughly. Pour mixture on a well-greased ring mold and put on a pan with water. Bake at 350°F. till firm. Cool then unmold on a platter. Prepare pork with sauce.

Pork with Sauce

2 tbsps. onion, chopped
2 tbsps. butter
½ k. pork tenderloin, diced
1 c. sliced mushroom
1 tsp. salt
¼ tsp. pepper
½ tsp. Aji-no-moto
¼ c. flour
¼ c. butter
2 c. broth
2 egg yolks, well beaten

Cook onions in butter. Drop pork, toss 1 minute. Add mushrooms and seasonings. Cook 5 minutes more. Set aside. Prepare sauce by browning flour. Blend in butter. Gradually pour in broth stirring constantly. Cook until thick. Add eggyolks. Blend in sauteed pork. Pour in center of mold. Garnish with strips of pimientos.

PARTY PORK & BEANS

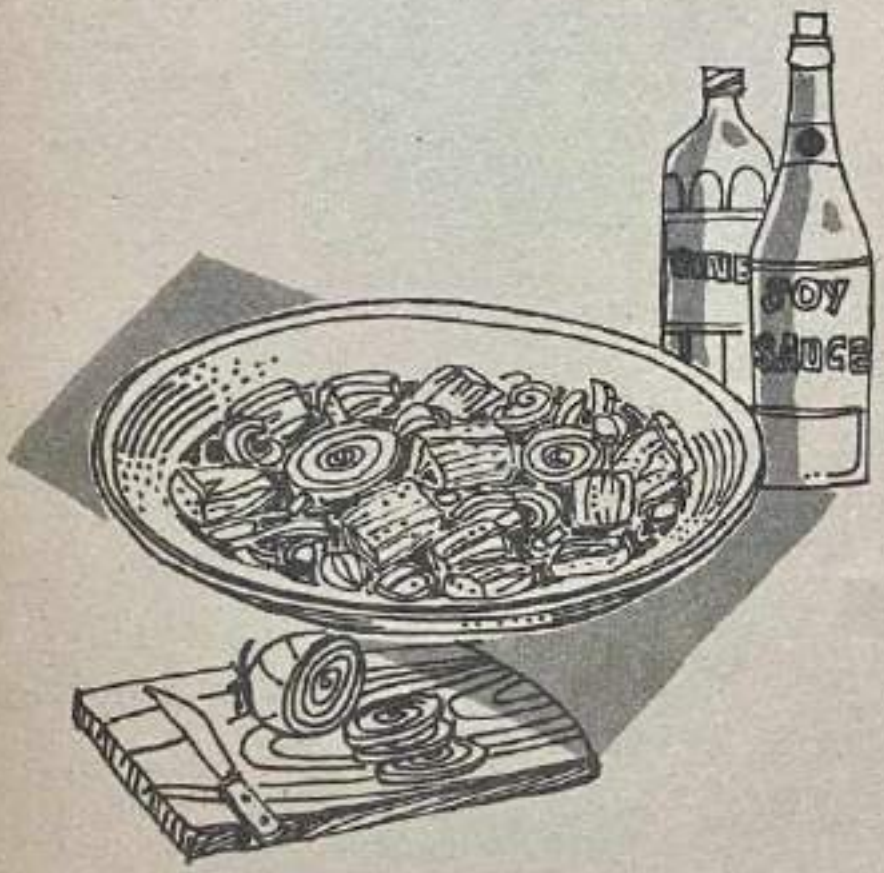
3 c. canned pork & beans
1 pig's feet or 2½ c. cooked pig's feet
¾ c. broth of pig's feet
1 pc. chorizo de bilbao, sliced
1 c. potatoes, cubed
2 tbsps. onions, sliced
4 pcs. bacon

Boil pig's feet until very tender. Remove bones and cut into small cubes. Fry the bacon for a while. Don't make it crisp. Set aside. In the bacon fat, saute the onions. Add the pata, chorizo de bilbao and potatoes. Pour in the broth of the pig's feet and cook 5 minutes. Add the pork and beans. Pour in a rectangular pyrex dish. Top with the slightly fried bacon and broil until mixture is bubbly.

PORK KILAWIN

1 k. pork liempo
½ c. Del Monte Vinegar
½ c. soy sauce
2 med. size onions, raw, coarsely chopped
2 c. water
½ tsp. salt

Boil pork liempo in 2 c. water and some salt. Cook until liempo is tender and skin easily peals off. While hot cut liempo into cubes. Place in a bowl and add vinegar, soy sauce and chopped raw onions. Serve immediately.



PORK SPARERIBS

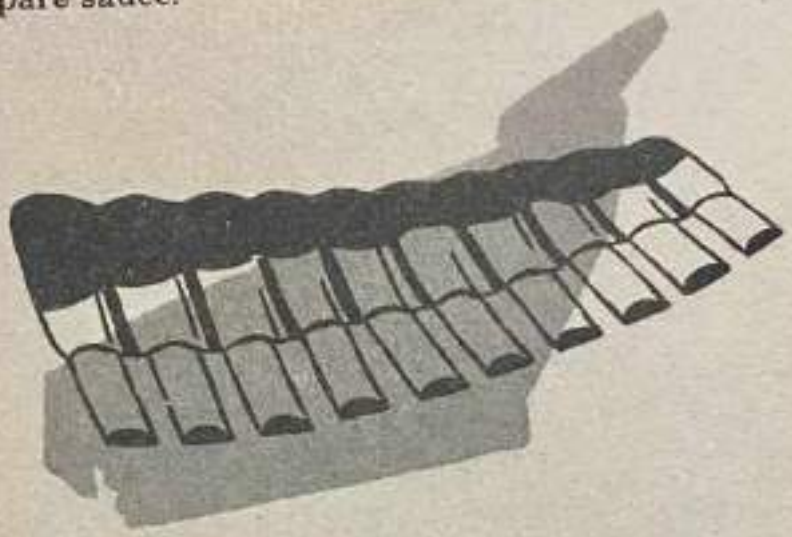
1 k. pork spareribs
½ c. soy sauce
½ c. sugar (or slightly less)
1 tbsp. Aji-no-moto

Mix soy sauce, sugar and Aji-no-moto in a bowl. Marinate pork spareribs in the mixture overnight. Keep covered in the refrigerator. Remove spareribs from the marinade and bake or broil. Baste spareribs all the while with the marinade. Serve hot.

BAKED SPARERIBS IN HONEY SAUCE

1 k. spareribs, cut in serving pcs.
1 onion, quartered
¼ c. soy sauce
¼ tsp. pepper
½ tsp. salt

Combine ingredients together in a saucepan. Boil 2 hours or until spareribs are tender. Drain. Arrange spareribs in a baking pan, set aside. Prepare sauce.



Sauce

1 tbsp. ginger juice*
½ c. honey
2 tbsps. brown sugar
1 tsp. salt
2 tbsps. soy sauce
1 onion, minced
1 tbsp. worcestershire sauce

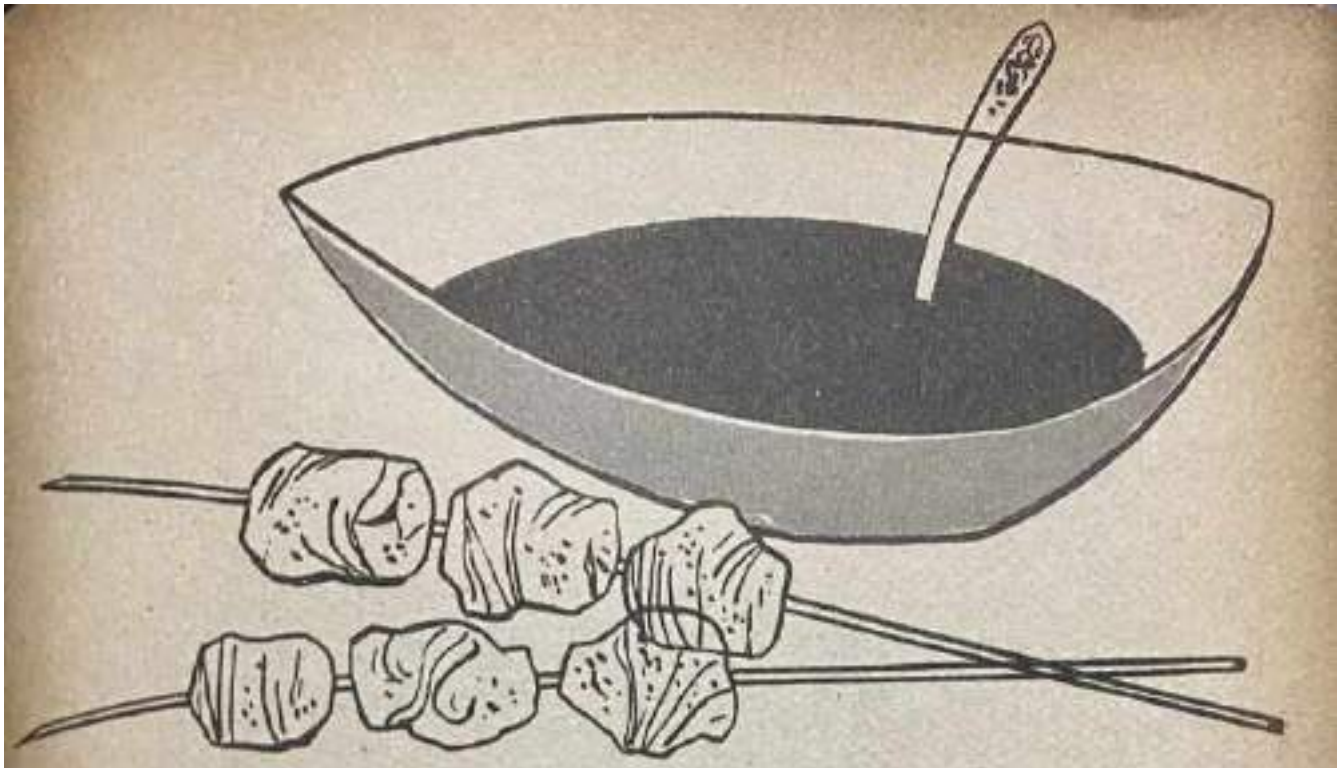
Blend ingredients together. Pour over spareribs. Bake at 400°F. for 3 minutes. Serve with Sweet Potato-Bacon Balls.

Sweet Potato-Bacon Balls

1 k. yellow sweet potato, boiled and mashed
1 egg, beaten
¼ tsp. salt
¼ tsp. pepper
1 c. cooked bacon, chopped
½ c. pineapple juice
¼ c. brown sugar

Combine first 4 ingredients together. Shape into balls and roll in the chopped bacon. Arrange in a greased pan. Bake at 350°F. 15-20 minutes. Boil pineapple juice and brown sugar for 5 minutes. Use to baste sweet potato balls.

* *See glossary for ginger juice preparation.*



SATE BABI (INDONESIAN)

1 head garlic, crushed
1 tsp. black pepper (ground)
1 c. native vinegar
½ c. brown sugar
1 tbsp. rock salt
¼ c. soy sauce
1 k. pork, cut into 1" cubes

Prepare marinade by combining first 6 ingredients together. Marinate pork in mixture overnight in the refrigerator. Skewer pork pcs. in bamboo sticks. Broil over charcoal. Serve with Sate Sauce and Achara.*

Sate Sauce

½ c. soy sauce
½ c. water
1 c. peanut butter
¼ c. calamansi or lemon juice
⅓ c. sugar
1 hot pepper, minced
1 tbsp. oil
1 tsp. garlic
1 tbsp. chopped native onions or shallots
½ tsp. macerated ginger

Blend first 6 ingredients together. Boil until thick. Set aside. Saute garlic, native onions and ginger in hot oil. Add to thickened mixture. Add water as needed. Boil 2 minutes more. Correct seasoning.

* *Recipe of Achara, on page 81*

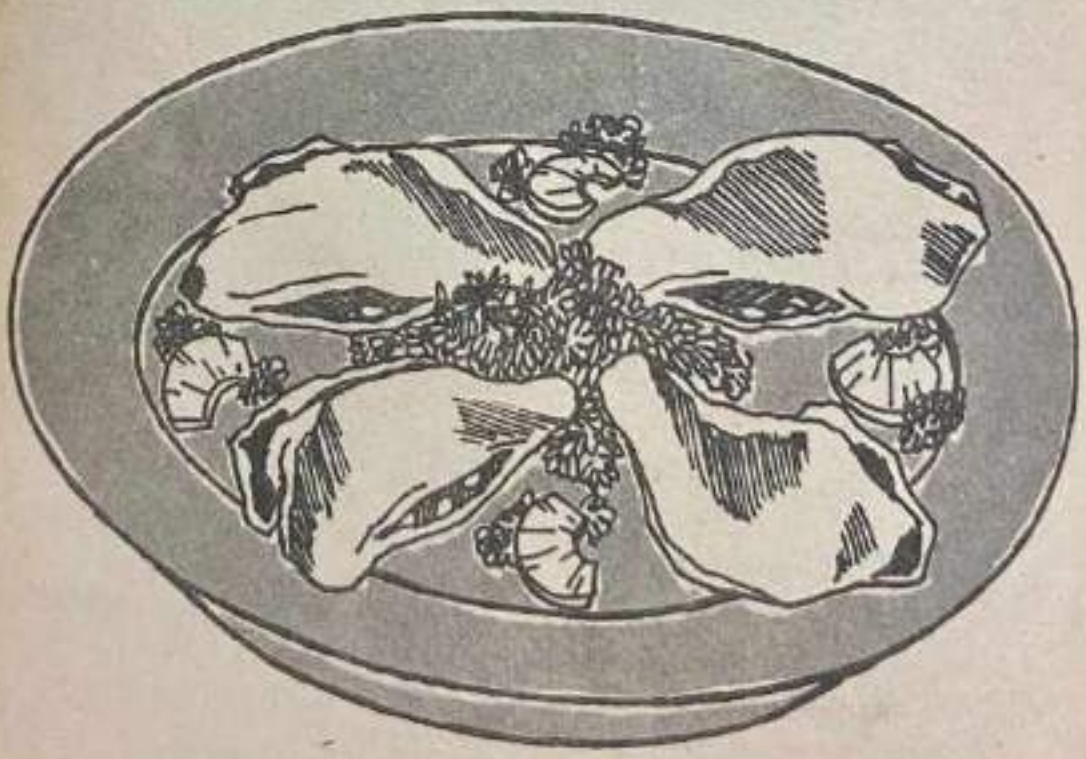
STUFFED PORK CHOPS

3 pcs. pork chops
Juice of 3 calamansi or lemon juice
½ tsp. salt
¼ tsp. pepper
½ tbsp. soy sauce
½ tsp. Aji-no-moto

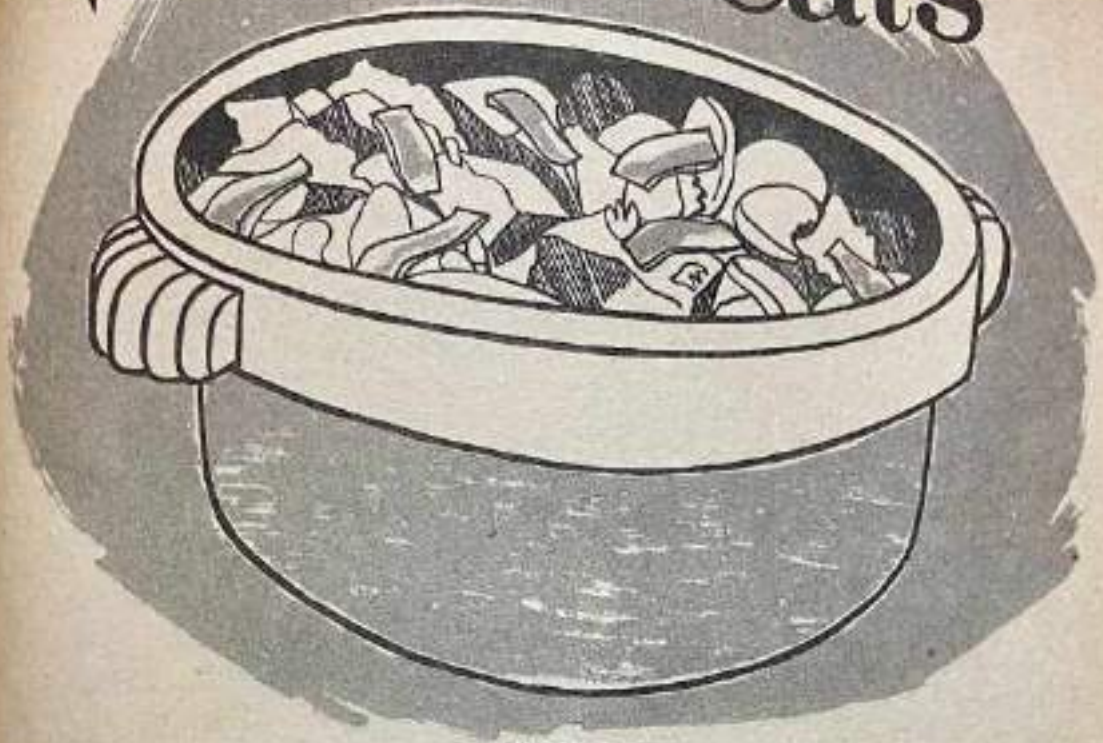
Stuffing

¼ c. cooked ham, chopped
2 pcs. vienna sausage, chopped
2 tbsps. pickle relish
¼ c. canned pineapple, cut to bite-size pcs.
2 tbsps. raisins

Ask butcher to cut chops into 1½" thick pieces and make a pocket for stuffing. Prepare marinade by combining calamansi juice, salt, pepper, soy sauce and Aji-no-moto. Let pork chops stand in marinade 30 minutes. Mix ingredients for stuffing. Stuff pork chops. Wrap in aluminum foil. Bake at 350°F. for about 40 minutes or until tender. Remove from oven. Unwrap pork chops and brush with margarine. Broil about 3" from heat till both sides are browned. Serve garnished with pineapple slices and parsley.



variety meats



CALLOS

1 k. goto or tripe
1 pc. "mukha ng baka" or cow's head
1 pc. pata de vaca (ox leg)
Salt and vinegar
Enough water to cover
2 stalks leeks
6-8 tomatoes
2 medium onions, quartered
4 pcs. carrots, quartered
½ c. white wine
1½ tsp. peppercorns
1½ tsp. pimenton powder
¼ c. olive oil
2 pcs. chorizo de bilbao or Spanish sausage, sliced
200 gms. bacon, in 1" strips
1 pc. morcillas or blood sausage, optional
¼ c. olive oil
4 onions, sliced
2 green pepper, broiled and sliced
2 red pepper, broiled and sliced or pimientos morrones, sliced
¾ c. tomato sauce
Salt to taste
Asparagus tips and red pepper strips for garnishing

Clean meats with salt and vinegar. Put to a large saucepan, add enough water to cover, leeks, tomatoes, onions, carrots, white wine, peppercorns and pimenton. Cover, let boil then lower flame. Simmer until meats are tender. Heat olive oil. Drop chorizo de bilbao and bacon, fry 5 minutes. Put in morcillas, cook 2 minutes more. Set aside. Saute onions in hot olive oil. Drop in sliced peppers. Add tomato sauce and salt. Simmer 5 minutes and strain. Set aside. When meats are tender, debone and cut up into squares. Put all ingredients together in saucepan, simmer 20 minutes more. Pour into deep serving plate, garnish with asparagus tips and red pepper strips.

BACHOY

2 pcs. pork kidney (about 300 gms.)
¼ k. pork liver
1 pc. pork heart (about 200 gms.)
¼ k. pork lomo or tenderloin
2 segments garlic, chopped
3 tbsps. cooking oil
1 tsp. Aji-no-moto
1 tsp. patis
1 onion, chopped
1 tsp. ginger, cut finely
1½ c. water
Spring onions for garnishing
Salt to taste

Cut pork kidney, liver, heart and pork into strips. Set aside. Saute garlic in cooking oil. When golden brown add chopped onions. Cook till tender and transparent. Add pork kidney, liver, heart and lean pork. Put in ginger and continue cooking for 3 minutes. Season and cook for 10 minutes. Uncover and pour in 1 ½ cups water. Boil until meat becomes tender. Garnish with chopped green onions. Serves 6.

BINANGIS

2 tbsps. cooking oil
4 cloves garlic, minced
1 onion, chopped
½ k. pork, boiled and sliced
1 pork heart, cut into pcs.
2 pcs. pork kidney, in pcs.
¼ c. vinegar
Salt to taste
200 gms. pork liver
1 red Baguio pepper

Saute garlic, onion and pork in cooking oil. Add the heart and kidney. Season with vinegar and salt. When almost dry, add the liver, sweet pepper and cook until done.

KILAWIN NA LIBRILLO AT LABANOS

1 k. librillo or tripe
1 c. vinegar
2 c. water
1 tbsp. salt
1 head garlic, crushed
1 onion, chopped
6 pcs. tomatoes
1 c. water
4 pcs. white radish, sliced
1 tsp. Aji-no-moto

Boil tripe in vinegar, water, salt and garlic until tender. Cut to bite-size pieces. Saute onion and tomatoes. Add tripe and water. Drop radish and simmer until tender. Season with salt and pepper.

CARI-CARI DE PATA Y RABO

1 "buntot ng baka" (ox tail)
1 "pata ng baka" (ox leg)
6 c. water
½ c. atchuete seeds for coloring
½ c. water
4 pcs. eggplants
2 bundles sitao
1 "puso ng saging"(butuan variety)
1 head garlic, chopped
2 onions, sliced
¼ c. cooking oil
½ c. "bagoong alamang"
1 c. ground peanuts
1 c. toasted, ground rice
Salt and AJI-NO-MOTO

Boil the buntot and pata in water until tender. Cut into desired pieces and set aside. Soak atsuete seeds in water. Rub to bring out color. Set aside. Cut vegetables into desired pieces. Boil water, drop sitao and parboil. Remove, set aside. Do likewise with eggplants and puso ng saging. Saute garlic and onions in cooking oil. Add bagoong and atsuete water. Let boil 5 minutes. Blend in ground peanuts and ground rice. Bring to a boil then put in the meats. Just before removing from the fire, add the vegetables. Serve with Bagoong Guisado.

Bagoong Guisado

¼ c. cooking oil
1 head garlic, chopped
1 onion, chopped
¼ k. boiled pork, diced
1½ c. bagoong alamang
1 tsp. sugar
¼ c. native vinegar
¼ c. pork broth

Saute garlic and onion in cooking oil. Add the pork, bagoong and sugar. Blend well, then add vinegar and broth. Boil until quite dry. Serve with the Cari-Cari.

SWEET & SOUR KIDNEY

4 pairs pork kidney
1 tbsp. rock salt
2 stalks leeks, in 1" pcs.
2 tbsps. cooking oil
2 tbsps. rice wine
2 tbsps. cooking oil
2 cloves garlic, crushed
¼ c. soy sauce
3 tbsps. sugar
3 tbsps. vinegar
⅓ c. water
1 tsp. Aji-no-moto
1 pc. jellyfish, (optional) diced
6 pcs. taingang daga, soaked in water
1 tbsp. cornstarch dispersed in water
Sesame oil

Half kidneys. Remove white membrane. Score outer side of kidneys. Cut into pieces. Let soak in salt 10 minutes, rinse. Cook kidneys in boiling water for 1 minute. Soak in cold water. Drain. Set aside. Saute leeks and kidneys in hot oil. Stir in rice wine, cook 1 minute more. Set aside. Brown garlic in oil. Add soy sauce, sugar, vinegar, water and Aji-no-moto. Drop the jelly fish and taingang daga. Cook 5 minutes. Thicken with cornstarch. Finally add the sauteed kidneys and flavor with sesame oil.

MENUDONG GOTO

½ k. tripe (goto)
2 tbsps. cooking oil
2 cloves garlic, crushed
1 onion, chopped
1 chorizo de bilbao or Spanish sausage, sliced
1 c. tomato sauce
1 pc. red or green pepper
1 c. cooked garbansos
2 c. broth
2 potatoes, cubed and fried
Salt to taste
1 tsp. vetsin

Clean and boil tripe in salt and water until tender. Cut into small pieces and set aside. Fry the garlic and onions in hot oil. Add the chorizo de bilbao and pour in tomato sauce. Drop in tripe, pepper, garbansos and potatoes. Simmer until sauce is of desired consistency. Just before removing from the fire, season with salt and Aji-no-moto.

LENGUA CON CHAMPIGNON

1 ox tongue
2 tbsps. calamansi juice
¼ c. soy sauce
¼ c. olive oil
⅓ c. butter
5 cloves garlic, minced
2 medium onions, chopped
½ c. fresh tomatoes, chopped
3 tbsps. soy sauce
Salt to taste
1 pc. bay leaf
¼ tsp. peppercorn
¼ c. white wine
Enough broth or water to cover tongue

Rub tongue with salt and vinegar. Rinse and boil 5 minutes. Scrape white coating on surface. Marinate in calamansi juice and soy sauce 1 hour. Brown in olive oil and butter. Set aside. In the same pan, saute garlic, onions and tomatoes. Put back the tongue and blend the rest of the ingredients. Pour into large saucepan, bring to a boil, then lower heat, simmer for 3 hours or until tongue is tender. Strain sauce, set aside. Slice tongue and arrange on a platter. Prepare mushroom-butter sauce.

Mushroom-Butter Sauce

½ c. butter
½ c. mushrooms, sliced
¼ c. all-purpose flour
Strained sauce from tongue

Melt butter in skillet. Blend in flour. Add the mushrooms and strained sauce. Cook until bubbly. Water may be added if sauce is too thick. Pour over sliced meat and serve.

OX TONGUE WITH PUREED PEAS

1 ox tongue or 2 big pork tongues
1 bay leaf
1 medium-sized onion
Few peppercorns
6 cloves garlic
1 small can anchovies
¼ c. butter
2 tbsps. parsley, chopped
2 tsps. Aji-no-moto
¼ c. melted butter
1 medium onion, cut into rings
1 egg, hard cooked and sliced

Boil tongue until white coat can be scraped off easily. Boil again in fresh water with the bay leaf, onion, peppercorns and garlic. Cook tongue until soft. When cooked, transfer to a platter and cut diagonally ¾ through. Set aside. Strain anchovies to make a smooth paste. Add the softened butter blending well with parsley and Aji-no-moto. Insert mixture between slices of tongue and press together. Transfer tongue to a pyrex dish. Pour the melted butter and bake in mod. oven (350°F.) for ½ hour. Baste occasionally. Serve with Pea Sauce. Decorate with sprigs of parsley, onion rings previously fried in butter, and slices of hard-cooked eggs.

Pea Sauce

1 can green pea soup
½ can water
1 tsp. Aji-no-moto
Dash of white pepper
Salt if necessary

Season soup with Aji-no-moto, pepper and salt (if necessary). Bring to a rolling boil stirring constantly. Boil 1 minute.

LENGUA ESTOFADA

1 ox tongue (about 1 k.)
½ c. olive oil
½ c. white wine
¼ c. vinegar
2 medium onions, quartered
1 head garlic, crushed
12 pcs. peppercorns
1 laurel leaf
1 clove
1 pc. carrot, quartered
2 fresh tomatoes, quartered
3 stalks leeks
1 sprig parsley
Salt to taste
2-3 c. water
2 pcs. potatoes, cubed then fried in butter
1 c. button mushrooms, sauteed in butter
Sprigs of parsley for garnishing

Rub tongue with salt and vinegar. Rinse then boil 5 minutes. Scrape white coating on the surface. Brown tongue in hot olive oil. Transfer to a large saucepan, add the rest of the ingredients except potatoes and mushrooms. Simmer gently until tongue is tender. Slice into serving pieces. Set aside. Strain sauce, put back tongue, add potatoes and mushrooms. Simmer until potatoes are cooked. Arrange on a platter, garnish with sprigs of parsley.

PASTEL DE LENGUA

1 pc. beef tongue
½ c. cooking oil
2 pcs. onions
3 pcs. carrots, cubes
3 pcs. potatoes, cubes
¾ c. green olives
1 can Vienna sausage
½ c. tomato sauce
1 tsp. salt
2 tsp. Maggi sauce
2 tsps. Aji-no-moto
¾ tsp. ground pepper
1 tsp. vinegar
2 c. beef tongue broth
2 — 3 tbsps. flour dissolved in
½ c. water

Boil the tongue until soft, then cut into 1" squares. Put back into the broth and bring to a boil. Add the rest of the ingredients. Allow to simmer in the saucepan until all vegetables are cooked. Thicken sauce with dispersed flour. Let simmer for five minutes and pour into a pryrex dish. Cover with pie crust.* Brush top with beaten egg and milk. Bake until golden brown in a hot oven.

* Pie Crust:

2 c. all purpose flour
½ tsp. salt
¼ c. butter
¼ c. cooking oil
3 — 4 tbsps. cold water

Sift flour and salt together into a bowl. Blend cooking oil and butter. Cut in with pastry blender until well blended. Sprinkle water over mixture and form into a ball, press firmly. Roll out dough between 2 pieces of waxed paper. Peel off paper. Use for pastel.

Vegetables

LAKSA

¼ c. cooking oil
1 onion, chopped
½ c. shrimps, shelled and cut finely
2 eggplants cut in serving pcs.
2 c. squash, cut in serving pcs.
1 c. sigadillas, cut in ½" pcs.
2 c. sitao, cut in ½" pcs.
1 c. kangkong (swamp cabbage)
10 pcs. batao
1 small bundle sotanghon, soaked
¼ c. taingang daga, soaked
1 tbsp. soy sauce
1½ c. water
1 tsp. salt and Aji-no-moto

Heat cooking oil in a pan. Add onion and cook until soft. Drop the shrimps and cook for a few minutes. Add the vegetables and cover. Cook until half done. Uncover pan, season with soy sauce, salt and Aji-no-moto. Pour water, taingang daga and sotanghon. Continue cooking until done.

GULAY NA MAIZ

2 tbsps. cooking oil
3 cloves garlic, crushed
1 onion, sliced thin
¼ k. shrimps, sliced
2 c. shrimp stock
1 c. young corn, first slice from cob and scrape
2 tsps. patis
½ tsp. Aji-no-moto
⅛ c. pepper leaves (sili leaves)
Dash of pepper

Saute garlic. When golden brown, add onions and shrimps. Add shrimp stock and bring to a boil. Add scraped corn and simmer until the corn is cooked. Add seasonings. Add green pepper leaves and continue cooking for 3 minutes before removing from fire. Serve hot.

EGG FU YUNG

6 pcs. alimasag, boiled and flaked
1 tsp. minced ginger
1 tbsp. rice wine
½ tsp. salt
2 pcs. Chinese mushroom soaked and chopped
6 sliced bamboo shoots, chopped
½ stalk leek, chopped
2 tbsps. green peas
6 eggs
½ c. oil
1 c. soup stock
2 tbsps. soy sauce
1 tbsp. cornstarch, dispersed in 2 tsps. water

Remove all meat from crab and flake; mix with ginger and wine. Beat eggs, add crab meat and salt. Heat ¼ c. oil and fry crab and egg mixture in size of a 9 inch omelet or in smaller omelets for individual servings. Fry on both sides. Heat remaining ¼ c. oil and fry mushrooms, bamboo shoots and leeks. Add soy sauce, green peas and soup stock to form sauce. When sauce boils up, thicken with cornstarch and water. Pour sauce over omelet and serve hot.

ADOBONG OKRA

20 pcs. fresh, very young okra
¼ c. water
¼ c. vinegar
½ c. pork, diced
3 tbsps. patis
4 cloves garlic, crushed
1 onion, chopped
1 tsp. pepper

Wash and parboil the okra in water. Set aside. Fry the pork. Push to one side of the pan. Saute garlic, onion and okra. Season with vinegar, patis and pepper. Cook until okra is tender crisp. (Vinegar cuts sliminess of okra.)

NOTE: Substitutes for okra may be: kangkong, sitao and puso ng saging (banana heart).

CHAYOTE MIXED PICKLES (Achara)

1½ k. chayote, cut in 1" strips
2 regular sized carrots, cut in. strips
20 pcs. sibuyas tagalog or shallots
1 sweet red pepper, the thick variety
1 green pepper, the thick variety
1 small pc. ginger (about 2")

Wash, peel and cut the vegetables into long thin strips. Work the vegetables individually with salt and press to remove juice. Mix all the vegetables and pack in clean dry container. Prepare the Pickle Solution:

Pickle Solution

2 c. native vinegar
1½ c. sugar
2 tsps. salt

Boil solution. Strain and pour over the vegetables. Pack in jars. Remove air bubbles by inserting a knife around the side of the bottle. Fill up with more pickle solution. Cover tightly.

FRESH LUMPIA

3 tbsps. cooking oil
1 tbsp. atsuete
2 tbsps. fat
2 cloves garlic
½ c. onions, chopped
¼ k. pork, cubed
200 gms. shrimps shelled, chopped coarsely
1½ c. water
1 c. yellow camote, cubed
1 c. potatoes, cubed
3 c. cabbage, shredded
2 c. stringbeans, strips
1 c. garbansos, cooked
¼ c. kinchay, stripped
4 pcs. tokua
1 tsp. salt
2 tbsps. patis
1 tsp. Aji-no-moto
20 pcs. lettuce leaves
20 pcs. lumpia wrapper *

Soak atsuete in 3 tbsps. of cooking oil. Set aside. Saute garlic in 2 tbsps. fat until light brown. Add onions, pork and shrimps. Pour in water or soup stock and cover. Cook over medium heat until pork is tender. Add camote, potatoes and cook for 5 minutes. Then mix in rest of vegetables. Strain atsuete-oil to the vegetable mixture. Season with salt and patis. Cook until all vegetables are done. Add 1 tsp. Aji-no-moto. Cool in a colander while allowing liquid to drain out. When cool, wrap in lumpia wrapper with a leaf of lettuce showing at one end. Serve with Lumpia Sauce.**

RADISH PICKLES

1 radish
3 tbsps. rock salt
2 tbsps. vinegar
½ tsp. Aji-no-moto
½ tsp. sesame oil
3 tbsps. sugar
1 red pepper, sliced thin

Peel skin of radish thickly and slice paper thin. Add rock salt, press down and let stand 2-3 hours or overnight. Rinse with water until no longer salty. Squeeze out water. Add vinegar, Aji-no-moto, sesame oil, sugar and red pepper.

* Recipe of Lumpia Wrapper, on page 106.
** Recipe of Lumpia Sauce, on page 106.

ATSARANG SANTOL

1 dozen santol
1 c. water
1 c. native onions peeled
1 head garlic, peeled
1 c. red pepper, in strips
1 c. green pepper, in strips
Small piece ginger, in strips
1 small box raisins
3 c. native vinegar
1½ c. sugar
2 tsps. salt

Boil the santol in water 10 minutes. Drain and cool. Peel santol, quarter and remove seeds. Combine santol, onions, garlic, ginger and raisins. Set aside. In a saucepan, blend vinegar, sugar and salt. Boil. Remove scum. Pack vegetables in a sterilized bottle and pour boiled vinegar over. Seal bottle immediately. May be served after 3 days.

MONGO* GUISADO

1 c. green mongo, boiled in
3 c. water
1 tbsp. cooking oil
2 cloves garlic, crushed
1 onion, chopped
6 tomatoes, chopped
½ c. pork, boiled and sliced into strips
½ c. shrimps, peeled and sliced
2 tbsps. bagoong
4 c. water or broth
1 tsp. salt
1 tsp. Aji-no-moto
1 cup sitsaron or cracklings, cut into pieces

Boil mongo until soft. Rub through a fine sieve or puree, set aside. Saute garlic, onion and tomatoes in oil. Drop pork and shrimps. Cook 1 minute. Add bagoong and mongo. Pour water and simmer, season with salt and Aji-no-moto. Just before taking out from the fire add cracklings. Serve hot.

* *Other vegetables may be substituted.*

UKOY

200 gms. small shrimps
2 c. togue or mongo sprouts
1 cake tokua or bean curd, in strips
1 c. spring onion, in strips

Wash shrimps thoroughly, remove head leaving shells. Prepare batter.

Batter

1 c. all-purpose flour
1 c. cornstarch
1½ tsp. baking powder
1½ tsp. salt
Oil for deep fat frying
½ tsp. pepper
1 tsp. AJI-NO-MOTO
¼ c. atsuete or anatto water*
⅔ c. shrimps juice**
1 egg, well beaten

Sift dry ingredients in a bowl. Blend in remaining ingredients, beat thoroughly to make a smooth batter. Set aside. In a saucer, arrange a bed of mongo sprouts. Garnish with spring onion and shrimps. Add about ¼ cup batter and lower carefully into deep hot fat. Fry until crispy on both sides. Remove to absorbent paper. Serve hot with vinegar-garlic sauce seasoned with salt and black pepper.

NOTE: The same recipe may be prepared using 2 cups squash, 1 cup kutsay, 200 gms. shrimps and a cake tokua or bean curd (1" strips).

PINACBET

½-1 c. water
¼ k. pork, sliced into 1" strips
⅓ c. tomatoes, chopped
3 cloves garlic, minced
1 tsp. chopped ginger
¼ c. bagoong (alamang)
4 eggplants, quartered
2 pcs. ampalaya or amargoso, quartered
½ tsp. Aji-no-moto
Salt to taste

Boil ½ - 1 cup of water in a saucepan. Drop the pork, tomatoes, garlic, ginger and bagoong. Simmer until pork is tender. Add the ampalaya and eggplants and cook until done. Season with Aji-no-moto and salt if necessary.

NOTE: Dish should have very little broth when cooked.

* *Soak 2 tbsps. anato seeds in ¼ c. warm water, strain.*
** *To obtain shrimp juice — pound the heads of shrimps, add water and strain.*

LUMPIA UBOD

2 tbsps. cooking oil
2 cloves garlic, crushed
1 small onion, chopped
¼ c. cooked ham, chopped
¼ k. boiled pork, diced
½ c. shrimps, chopped
½ c. cooked garbansos or chick peas
1 c. snap beans or habichuelas, diagonal strips
½ k. ubod or heart of palm, in match-like strips
2 c. cabbage, shredded
2 tsps. salt
24 pcs. lettuce leaves or spring onions
1 c. carrots, julienne

Brown garlic in hot cooking oil, add onions, cook slowly until soft. Add the pork, ham, shrimps and garbanzos. Simmer 5 minutes. Combine carrots, stringbeans and ubod. Cook covered until vegetables are half done. Drop the cabbage, continue cooking until done. Drain and season. Cool. Set broth aside for Brown Sauce. Wrap mixture in home-made wrapper lined with lettuce leaves or spring onions. Serve with Brown Sauce.

Home-Made Lumpia Wrapper

2 duck eggs
½ c. cornstarch dispersed in 1 c. water

Separate egg yolks from egg whites. Beat egg whites until frothy. Add egg yolks and beat just to blend. Blend in dispersed cornstarch. Brush frying pan with cooking oil and heat. Spoon about 2 tbsps. batter then tilt pan to spread evenly on pan. Lift off wrapper when done.

Lumpia Sauce or Paalat

½ c. sugar
1 tbsp. soy sauce
2 c. broth
1 tsp. salt
2 tbsp. cornstarch dispersed in ¼ c. water
4-6 Cloves garlic, minced

Blend first 4 ingredients together. Bring to boil. Thicken with cornstarch. Sprinkle with minced garlic and serve.

AMPALAYA BRAISED WITH BEEF

½ k. ampalaya or amargoso
200 gms. beef tenderloin, sliced thin
2 tsps. black tausi
½ tsp. sugar
1 clove garlic, crushed
2 tsps. soy sauce
2 tbsps. rice wine
¾ c. stock
1 tsp. cornstarch

Split ampalaya. Remove seeds and scrape white membrane. Parboil 3 minutes, then drain. Slice thinly, and set aside. Wash tausi, drain, then mash together with garlic. Heat oil in pan, add mashed tausi and stir for ½ minute. Drop ampalaya and saute 2 minutes. Add the beef and saute 1 minute. Season with soy sauce, sugar and wine. Pour in the stock. Braise for 1 minute. Thicken with cornstarch. Cook and serve.

CAULIFLOWER CON CAMARRON

2 tbsps. cooking oil
2 cloves garlic, crushed
¼ k. shrimps
3 pcs. dried mushrooms, soaked in water
Soy sauce
Salt and Aji-no-moto
½ k. cauliflower, separated into flowerettes
¼ c. chicharo or pea pods
1 stalk celery, cut in 1" pcs.
1 tbsp. cornstarch dispersed in ½ c. water

Heat cooking oil in a pan. Brown garlic. Add shrimps and mushrooms, simmer for a while. Season with soy sauce, salt and Aji-no-moto. Add cauliflower, chicharo and celery. Cook for 5 minutes. Thicken with cornstarch.

CREAM JADE

6 c. water
1 tsp. baking soda
1 k. Chinese mustard plant, (stems only), cut in 1" rectangular pcs.
2 tbsps. cream
1 tbsp. cornstarch, dispersed in 2 tbsps. water
3 tbsps. cooking oil
¼ c. fancy mushroom
½ tsp. salt
½ tsp. Aji-no-moto
½ c. stock
1 small pc. cooked ham, shredded
Few drops sesame oil

Boil water, add 1 tsp. baking soda. Drop in vegetables, boil 2-3 minutes. Drain and rinse with cold water. Mix cream and cornstarch. Saute the mustard in oil, add mushrooms, salt, Aji-no-moto and stock. Cook 2 minutes then blend cream mixture. Transfer to a platter and garnish with ham. Flavor with sesame oil.

VEGETABLES WITH CHICKEN LIVER AND GIZZARD

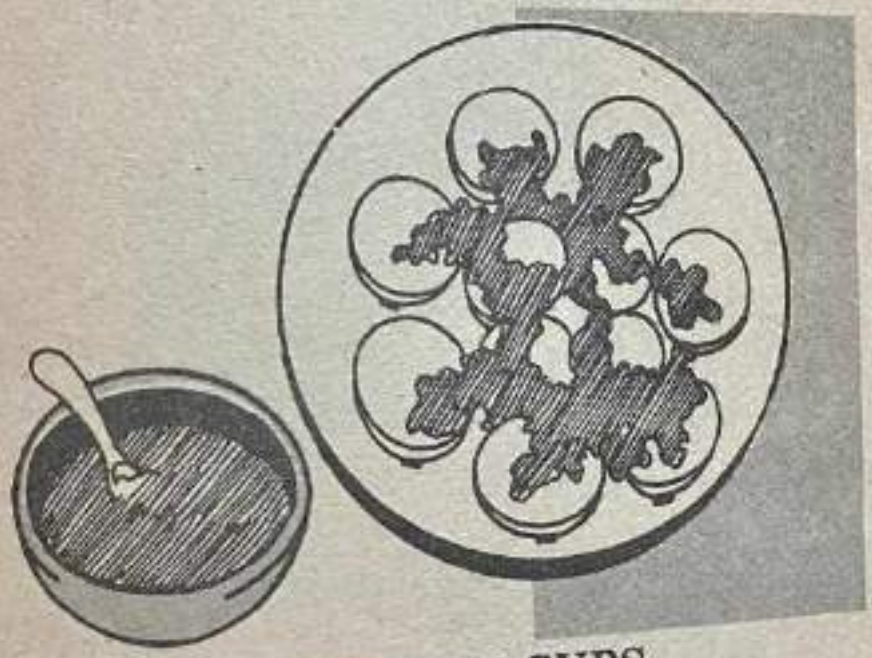
Chicken liver and gizzard
⅓ k. peas (chicharo)
¼ k. cauliflower
1 onion, sliced
1 pc. carrot
1 tsp. salt
2 tsps. cornstarch
¼ c. stock
1 tsp. soy sauce
¼ c. cooking oil
2 tsps. rice wine

Slice chicken gizzard and liver. Soak in a mixture of cornstarch, wine and soy sauce. Let stand 15 minutes. Fry onion and vegetables in cooking oil with 1 tsp. salt. Cook 5 minutes. Set aside. Fry gizzards until tender and then add the liver. When done put back the vegetables. Add cornstarch dispersed in stock. Finish cooking. Serve.

VEGETABLES WITH BIRD EGGS

1 c. cashew nuts
¼ c. cooking oil
¼ k. shrimps
5 pcs. dried mushrooms, soaked in water then cut in half
¼ k. chicharo or sweet peas
1 large pc. bamboo shoot, sliced
1 pc. carrot, sliced
1 pc. singcamas, sliced
¼ k. pechay with flowers in 1" pcs.
1 tsp. salt
1 tsp. Aji-no-moto
12 pcs. quail eggs, hard cooked
¾ c. broth
1 tbsp. cornstarch

Fry cashew nuts. Set aside. In hot cooking oil, toss shrimps and dried mushrooms. Add chicharo, cook 2 minutes. Put in pechay stalks, rest of vegetables and lastly the leaves and flowers of the pechay. Pour in broth, continue cooking until vegetables are just done. Season with salt and Aji-no-moto. Thicken with cornstarch. Pour on a platter. Garnish with hard cooked eggs and crisp cashew nuts. Serve hot.



MUSHROOM CUPS

20 pcs. dry Chinese mushrooms (uniform size)
¼ k. ground pork
4 pcs. water chestnuts, chopped
3 tbsps. scrapped bid-bid or other white fish*
1 tbsp. soy sauce
Salt, Aji-no-moto
1 tbsp. cornstarch dispersed in water
½ cup stock
Wansuey or Chinese celery, sesame oil

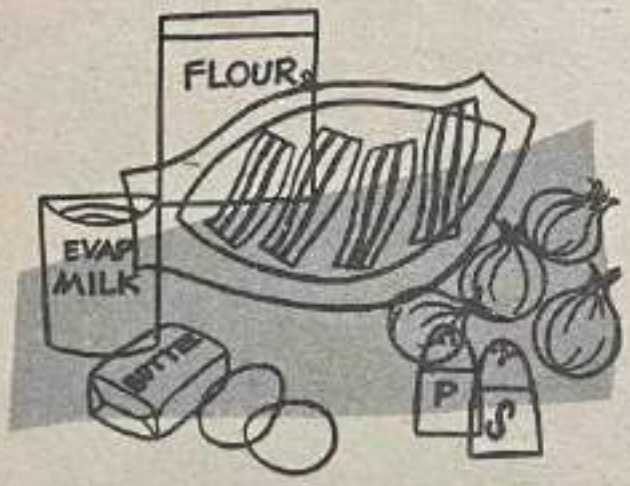
Soak mushrooms in water, remove the stems. Mix the pork, water-chestnut, scrapped bid-bid and seasonings. Fill the mushrooms with the pork mixture and steam for 15 minutes. Collect drippings. Heat the drippings and stock. Thicken with cornstarch. Pour on mushrooms. Garnish with wansuey and sprinkle with sesame oil.

* *To prepare bid-bid: Scrape meat from fish and mix with water, salt and ginger juice. Stir 10-15 minutes. See glossary for ginger juice.*

ANTIPASTO

2 medium carrots, in thin slices
1 medium cauliflower, cut into flowerettes
4 stalks celery, cut into ½" pcs.
2 pcs. red peppers, broiled then cut in strips
3 pcs. dill pickles, sliced
French Dressing*
¼ c. tuna chunks
½ can spiced hot sardines, split
Stuffed olives and capers for garnishing

Blanch the carrots, cauliflower and celery separately. Drain. Marinate separately first 5 ingredients in French Dressing about 30 minutes. In a pyrex dish, arrange vegetables, tuna and sardines in layers. Pour remainder of dressing over the layers. Garnish with stuffed olives and capers. Serve cold.



ONION PIE

4 c. onions, chopped finely
½ c. butter
4 slices bacon, in pieces
¼ c. all-purpose flour
2 eggs
½ c. milk
⅛ tsp. pepper
¼ tsp. salt

Place onions in a deep saucepan with the butter and bacon. Cook gently for 15 minutes or until onions are very soft. Meanwhile combine flour, salt and pepper. Beat in eggs and milk. Blend egg-milk mixture into the cooked onions. Cook 2 minutes more. Set aside. Prepare pastry for 2-crust pie.** Roll out dough. Cut to fit muffin tins. Spoon filling and bake at 400°F. until brown.

* *Recipe of French Dressing, on page 122.*
** *Recipe of pastry for 2-crust pie, on page 183.*

CABBAGE PIE

¼ k. potatoes, cooked and mashed
1 egg yolk
2 tbsps. butter
¼ c. evaporated milk

Cook and mash the potatoes. Add the egg yolk, butter and milk. Season with salt and pepper. Blend mixture well. Cover sides and bottom of a pyrex dish with Mashed Potatoes. Set aside. Prepare the Filling.

Filling

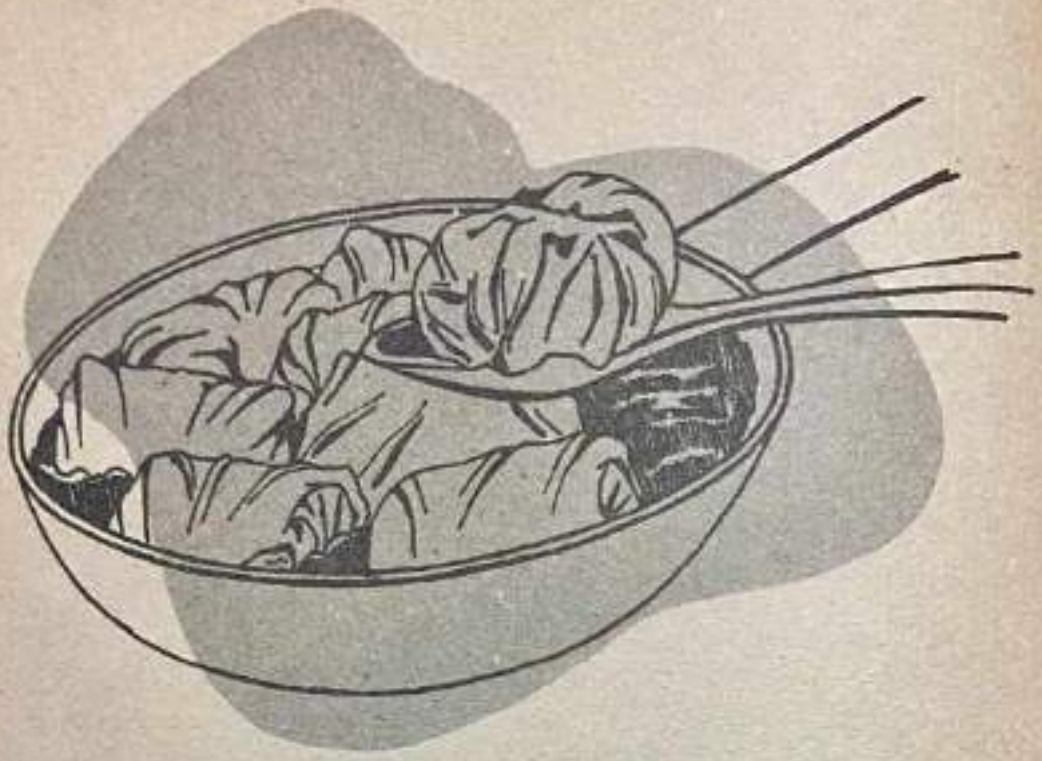
½ k. cabbage
2 hard cooked eggs
2 tbsps. butter
2 med. onions, chopped
¼ c. rock salt

Cut cabbage into wedges, remove core, then shred. Squeeze shredded cabbage thoroughly with ¼ cup rock salt in order to remove water. Wash and strain. Fry cabbage in a small amount of oil at high heat to allow water to escape. Add the butter and set aside. Fry onions till tender. Chop hard cooked eggs. Combine everything together. Pour this cabbage mixture on the mashed potatoes. Top with Bechamelle Sauce. Sprinkle with cheese, and bake at 350°F. until delicately brown.

Bechamel Sauce

2 tbsps. butter
1 c. milk
Salt and pepper
2 tbsps. flour
½ c. grated cheese (for topping)

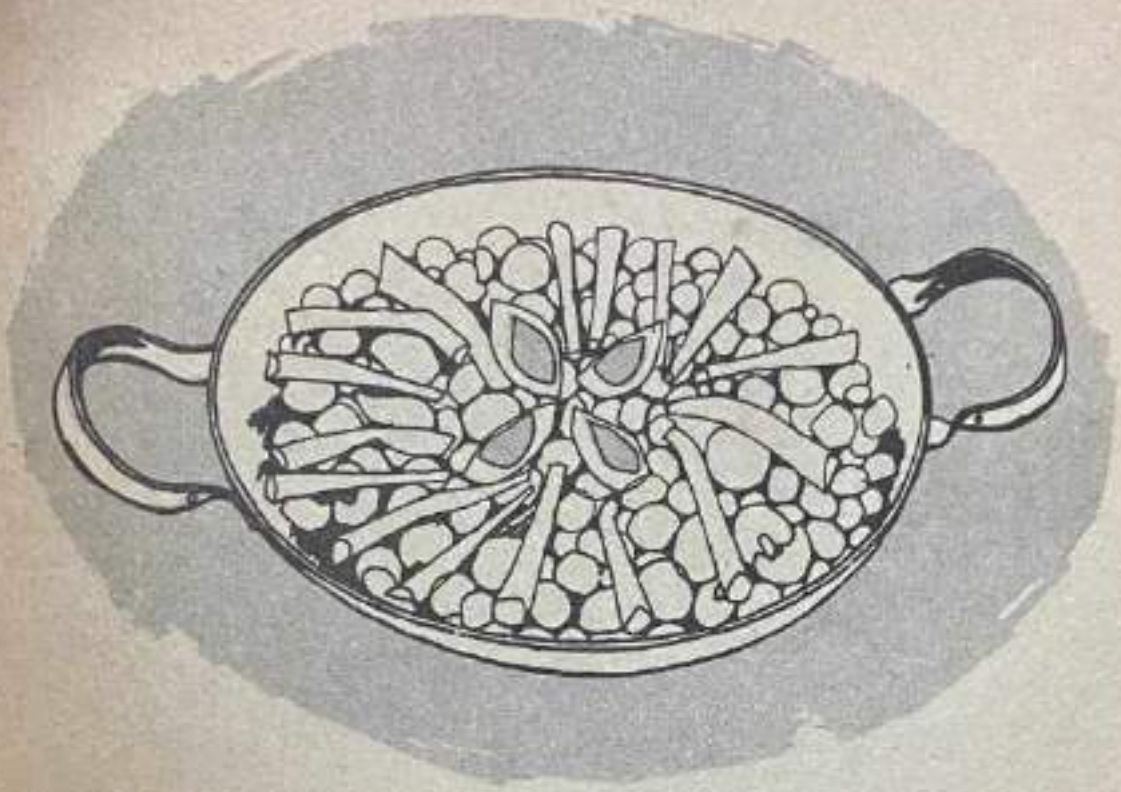
Melt the butter and add the flour. Add milk slowly and cook stirring continuously until thick. Season with salt and pepper.



CABBAGE ROLL

1 head cabbage, (about ½ kilo)
¼ k. beef, ground
¼ k. pork, ground
1 onion, minced
1½ tsps. salt
¼ tsp. pepper
¼ tsp. oregano
½ c. rice (raw) optional
1 c. tomato sauce or 1 c. fresh tomatoes, chopped

Boil cabbage for 5 minutes. Remove from water and separate leave
Mix remaining ingredients together, except tomatoes. Stuff leav
with filling and roll. Fasten with toothpick. Arrange in a saucepan
Pour tomatoes, cover and simmer about 1½ hours.



MENESTRA DE VERDURAS

2 tbsps. lard or pork fat
1 c. bacon or ham, strips
½ k. potatoes, diced
½ k. onions, chopped
¼ k. Baguio pechay, cut in serving pcs. and blanched
¼ k. cauliflower, in flowerettes, blanched
½ c. flour
1 tbsp. flour
2 c. soup stock
Salt to taste
1 tsp. Aji-no-moto
½ c. green peas
8 pcs. asparagus
1 hard cooked egg, sliced

Fry bacon in pork fat. Push to one side of the pan. Add potatoes and onions, cook until done, set aside, with the bacon. Dredge pechay and cauliflower in flour. Fry , set aside. In the fat where all of these ingredients have been fried, blend in flour and brown. Add stock. Season with salt and Aji-no-moto. Put back everything in the pan. Cook over slow flame until done. Add green peas and asparagus. Garnish with hard cooked eggs. Serve hot as a first course.

Salads & eggs

CAESAR SALAD

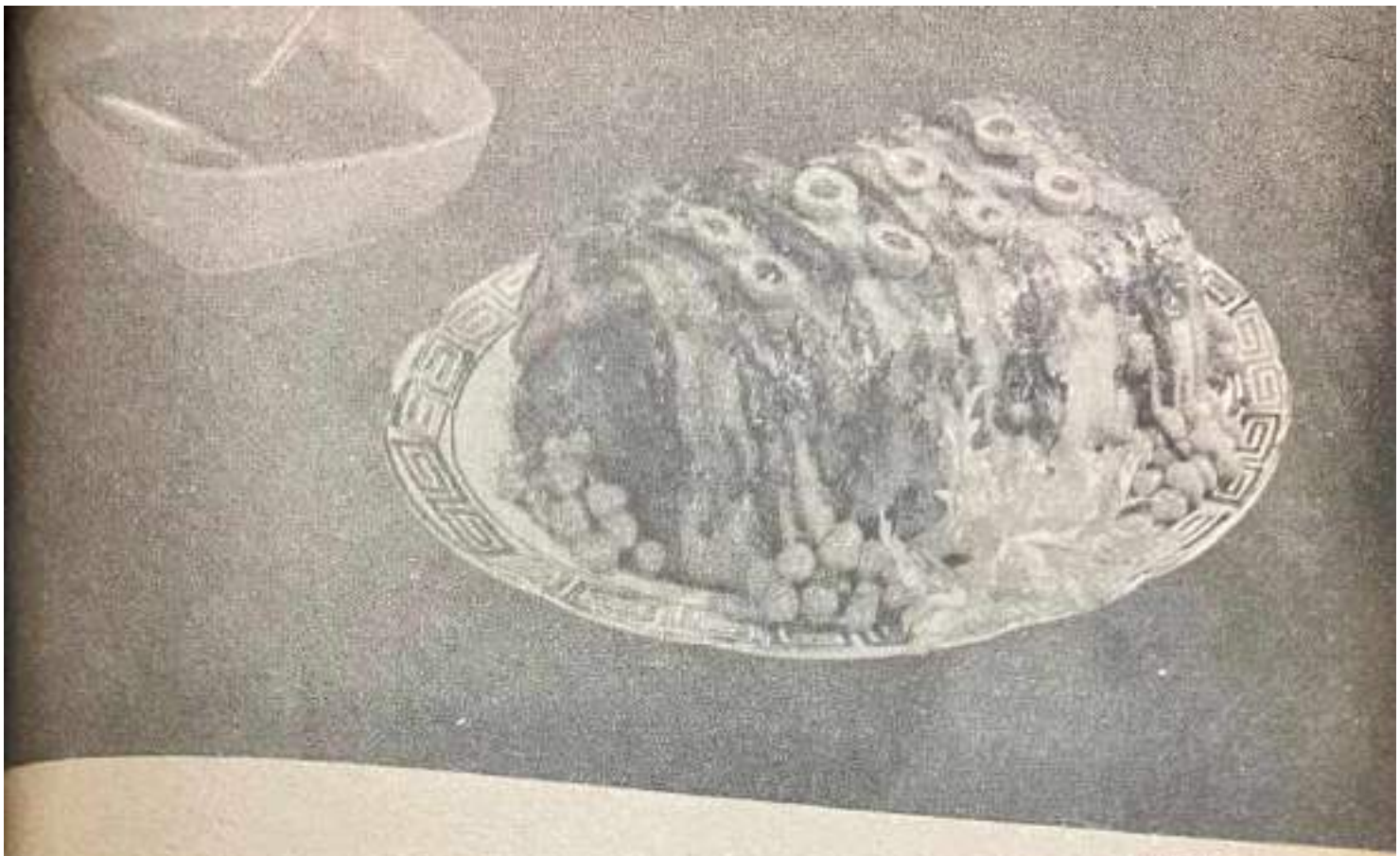
- 1 large head lettuce, torn to bite-size pcs.
- 4 pcs. salad tomatoes, in wedges
- ½ c. bacon, in thin strips
- 1 c. bread cubes
- ¼ c. grated cheese
- Dressing

Chill lettuce and tomatoes separately. Fry bacon until crisp, set aside. Brown bread cubes in bacon fat. Set aside. Just before serving, toss ingredients together leaving some croutons, tomatoes and cheese for garnishing.

Dressing

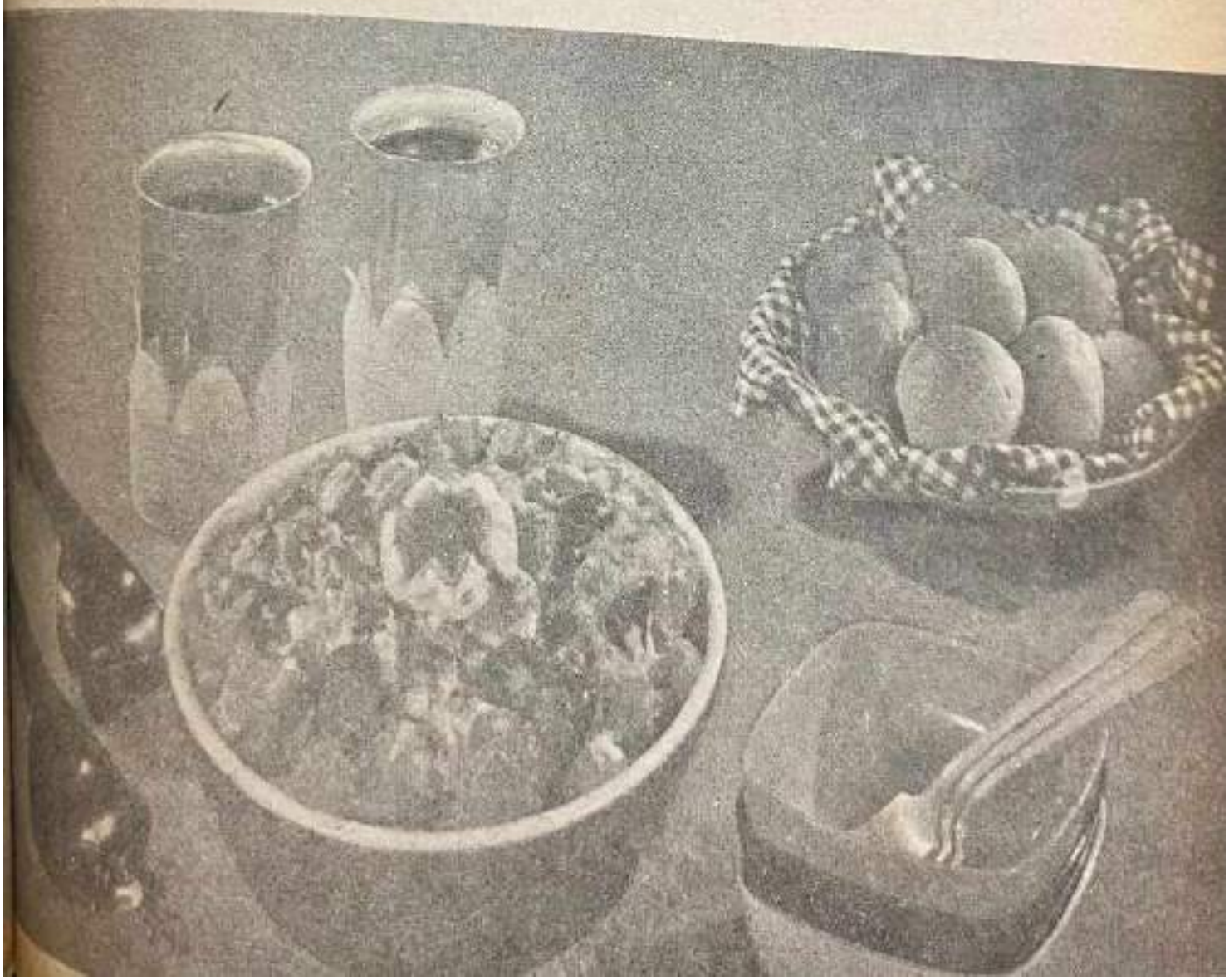
- 1 egg
- ½ c. olive oil or salad oil
- ¼ c. lemon juice
- 1 clove garlic, mashed
- ½ tsp. pepper
- ½ tsp. salt
- 1 tsp. worcestershire sauce
- 1 tsp. sugar
- 1 tbsp. anchovy fillet, mashed

Beat eggs slightly. Blend in rest of ingredients. Pour in a glass jar, cover and shake. Chill. Just before using, reshake to blend.



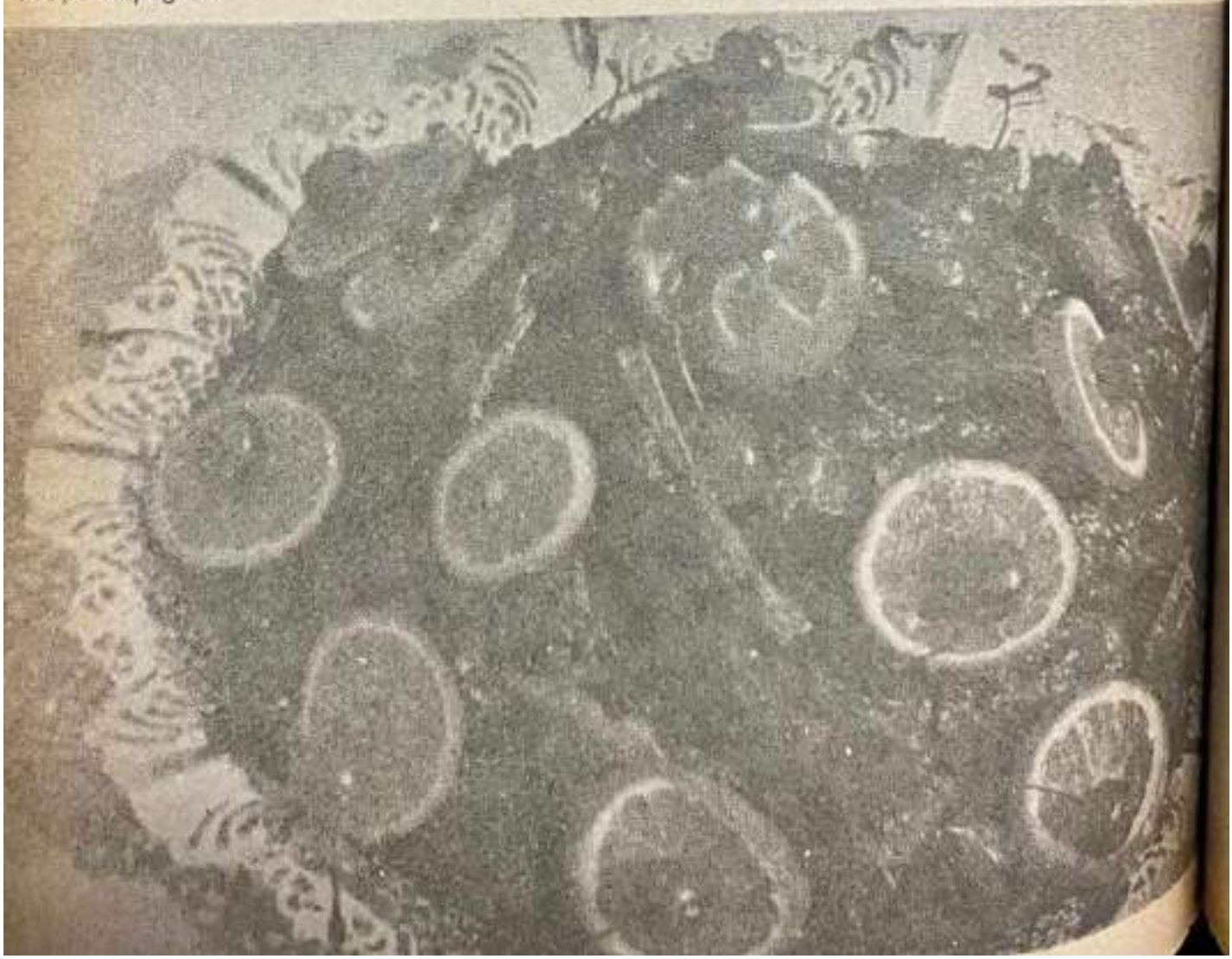
HOT POTATO SALAD
Recipe on page 118

MEAT LOAF DE LUXE
Recipe on page 58



LUMPIA UBOD
Recipe on page 78

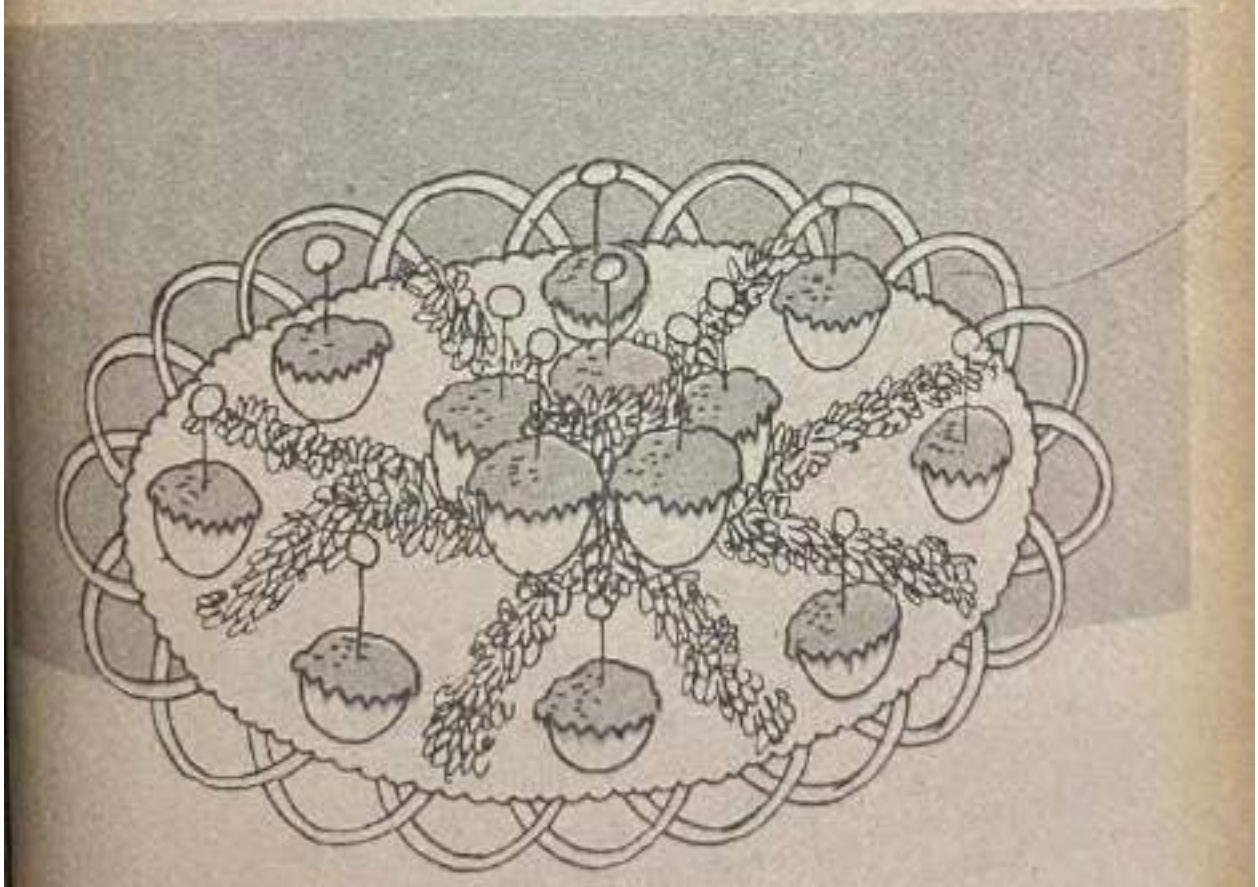
ORANGE SPARE-RIBS
Recipe on page 86



STUFFED EGGS

6 hard cooked eggs
½ tsp. salt
¼ tsp. white pepper
½ tsp. Aji-no-moto
½ tsp. prepared mustard
1 tbsp. chopped onions
2 tbsps. chopped pickles
Mayonnaise to moisten egg mixture
Native lettuce or head lettuce
6 large tomatoes
½ tsp. paprika
Sliced cucumber
Sprigs of parsley

Slice pointed tops of eggs. Make short diagonal cuts around edge of white to produce zigzag effect. Set aside. Mash yolks, blend in seasonings, onion, pickles and enough mayonnaise to moisten. Fill egg whites with mixture. Chill. Slice tops of tomatoes. Scoop out seeds. Arrange the tomatoes on a lettuce bed. Nestle a stuffed egg on a tomato and pipe mayonnaise with a pastry tube. Sprinkle with paprika. Garnish with cucumber slices and sprigs of parsley.



PICKLED EGGS

1 doz. quail or hen's egg, hard cooked

Pickling Solution

1 c. vinegar
½ c. brown sugar
1 tsp. allspice, wrapped in cheesecloth
1 tsp. salt

Combine all ingredients together and boil 10 minutes. Drop eggs and simmer 5 minutes. Set aside. Prepare vegetables.

Vegetables

1 medium carrot, cut fancily
1 slice green papaya, shredded
1 green pepper, cut in long thin strips
1 tsp. salt

Combine ingredients together. Let stand 5 minutes. Rinse with hot water. Add to eggs in pickling solution. Pack in sterilized jars and seal. Pickles will be ready 2-3 days after preparation. Drain and chill. Prepare sauce.

Sauce

½ c. whipping cream
½ tsp. vinegar
1 tbsp. mayonnaise*
2 tsps. sweet relish

Whip cream. Beat in vinegar and mayonnaise gradually. Lastly add the pickle relish. Fold pickled eggs and vegetables into sauce. Serve cold.

CHICKEN POTATO SALAD

1 c. cooked chicken, shredded
2 c. cooked potatoes, cubed
½ c. cooked carrot, cubed
¼ c. celery, cut in ¼" pcs.
2 tbsps. sweet relish
¼ c. cooked beets, diced
1 c. mayonnaise*

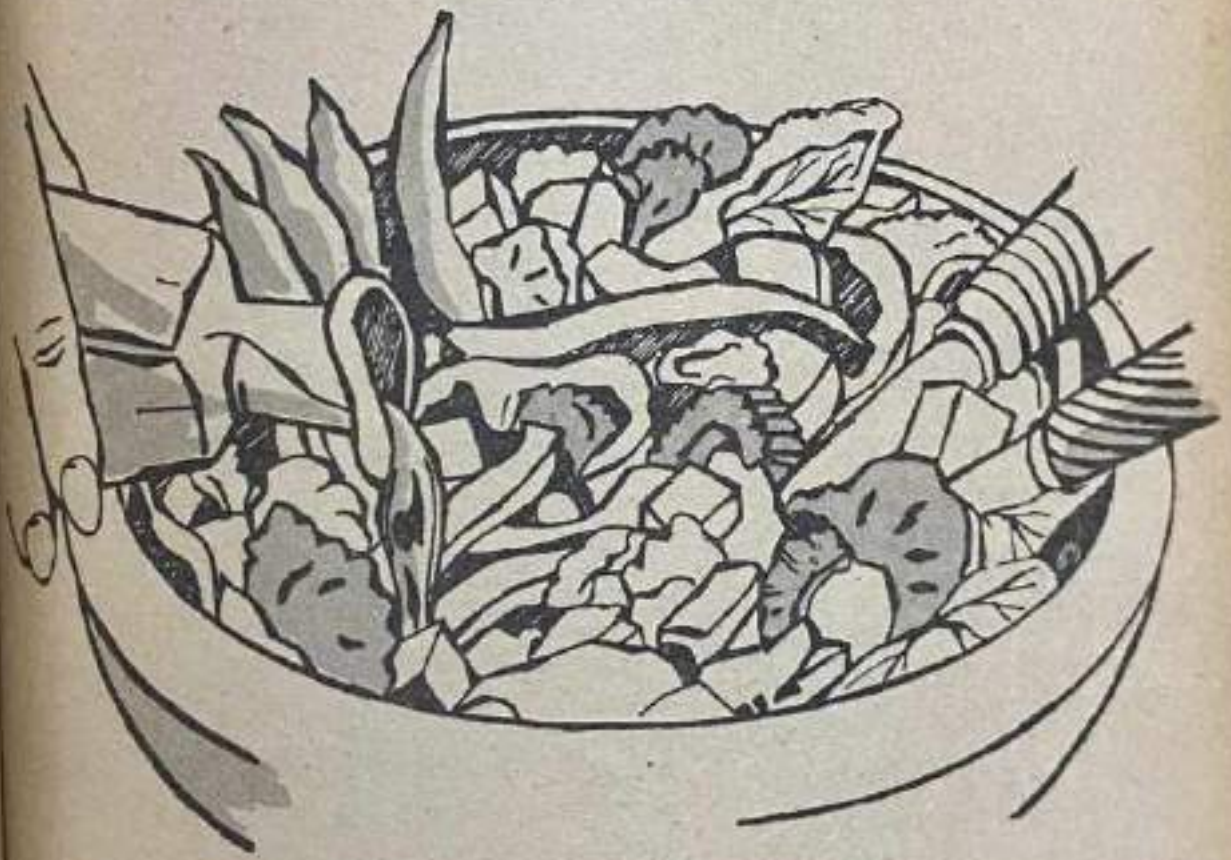
Combine all ingredients except beets together. Blend thoroughly. Fold in beets. Serve cold on a bed of lettuce. Garnish with chopped eggs and parsley.

* *Recipe of Mayonnaise, on page 123.*

CHEF'S SALAD

1 large head lettuce, torn into bite-size pcs.
1 cucumber, sliced
3 salad tomatoes, in wedges
1 c. celery, cut into ½" pcs.
½ c. cooked beef or pork tongue, in strips
½ c. cooked ham, in strips
½ c. swiss or cheddar cheese, in strips
½ c. cooked chicken meat, shredded
2 hard cooked eggs, sliced

Chill vegetables separately. Prepare French Dressing.* Chill. Arrange meats and cheese on top of vegetables in salad bowl. Just before serving, add French dressing, toss all ingredients together. Serves 10.

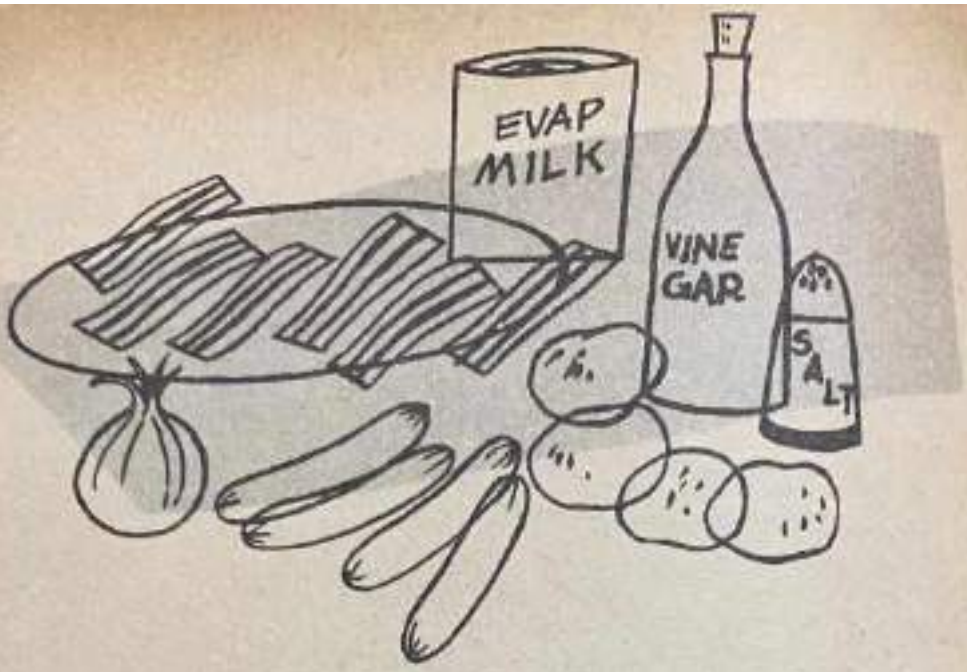


COLESLAW

1 medium cabbage, (about 2 c.) shredded
1 carrot, shredded
½ c. raisins
⅓ c. pineapple tidbits, drained
¼ c. peanuts, chopped
½ - ¾ c. Mayonnaise**

Toss ingredients together. Add mayonnaise and blend well. Serve cold.

* Recipe of *French Dressing*, on page 122.
** Recipe of *Mayonnaise*, on page 123.



HOT POTATO SALAD

6 slices bacon, cut into pieces
4 pcs. hot dog, sliced
4 c. raw yellow potatoes, cubed (about ¾ k.)
½ c. onions, chopped
1 c. boiling water
1 tall can LIBERTY MILK
2 tsps. prepared mustard
½ c. vinegar
1 tsp. salt
¼ tsp. white pepper

Cook bacon. Set aside. Fry hot dogs in bacon fat. Set aside. Fry onions and potatoes. When fat is absorbed, add water, then evaporated milk. Continue cooking over low heat stirring occasionally until potatoes are cooked and sauce thickens. Mix vinegar, salt, mustard and pepper. Add this to potato mixture very slowly stirring constantly. Do not allow sauce to dry. Remove from fire, add fried bacon and sliced hot dog. Serve hot. Serves 6.

From the Liberty Milk Cookbook.

GREEN SALAD

1 medium head lettuce, torn into bite-size pcs.
4 pcs. tomatoes, cubed
½ pc. Baguio cucumber, in ½" pcs.
3 stalks celery
French Dressing*

Prepare vegetables and chill separately. Toss together lightly with French Dressing.*

* *Recipe of French Dressing, on page 122.*

SUMMER VEGETABLE SALAD

1 cup boiled potatoes, in cubes
1 cup cucumber, peeled, seeded, in cubes
1 cup stringbeans, boiled, cut diagonally
1 pc. green pepper, in strips
2 big red firm tomatoes, cut in cubes
¼ k. shredded cabbage

Chill above ingredients. Before serving, add Tomato French dressing and serve immediately.

TOMATO FRENCH DRESSING

A very good dressing, passed on to me by Alita. Very practical. Can be kept for weeks in the refrigerator.

½ c. sugar
2 tsp. salt
1 tsp. mustard
¼ tsp. paprika
1 can tomato soup
1 onion, finely chopped
¾ c. vinegar
1¼ c. salad oil

Place all ingredients in a wide wide mouthed bottle. Shake throughly until all ingredients are thoroughly blended. Chill. Store in refrigerator. Serve with salads.

ROYAL RUSSIAN SALAD

- 2 c. cooked potatoes, cubed
- 1 c. cooked carrots, diced
- 1 c. cooked stringbeans, in ¼" pcs.
- 1 c. sweet peas, drained
- 1 c. sweet mixed pickles
- 1 c. cooked chicken, shredded
- 1 - 2 c. mayonnaise*
- 1 c. cooked beets, diced
- 1 hard cooked egg, sliced
- Few leaves head lettuce
- Sprigs of parsley

In a bowl, toss lightly first 6 ingredients together. Moisten with mayonnaise. Put in beets and toss with more mayonnaise. Mold salad and serve cold on a bed of crisp lettuce. Garnish with hard cooked egg slices and sprigs of parsley.

PINEAPPLE-BUCO SALAD

- 1 can LIBERTY CONDENSADA
- 2 egg yolks
- Meat of 2 buco (young coconut)
- 1 can pineapple tid-bits
- 1 c. kaong or sugar palm, boiled until tender

Cook condensed milk and egg yolks over double boiler until thick. Stir continuously. Cool. Blend buco, pineapple, kaong and salad dressing. Pour into a pan and chill. Serve cold.

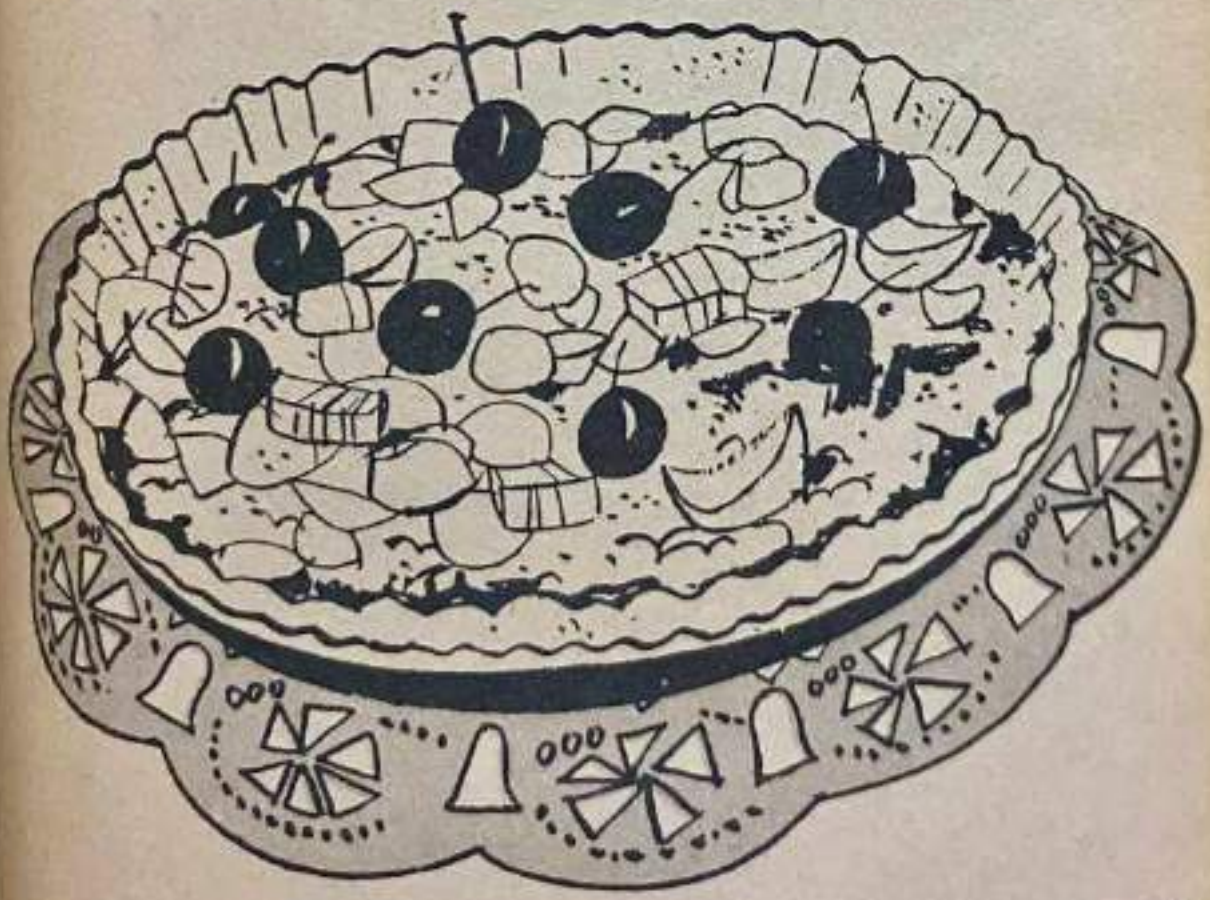
* *Recipe of Mayonnaise, on page 123.*

PAMPANGO FROZEN FRUIT SALAD

2 c. fruit cocktail
1 c. Queen Anne cherries
1 c. peaches, in 1″ cubes
1 c. pineapple chunks
1 c. fresh apples, in 1″ cubes, marinated in juice or syrup to prevent discoloration
1 c. lacatan banana slices, marinated in juice or syrup
¼ k. grapes, peeled
Orange sections
Chopped almonds
1 c. whipping cream, whipped stiff
½-1 c. mayonnaise*

Chill all fruits, dipped in syrup or juice to prevent discoloration or drying out. When cold, drain all fruits. Be careful to keep each piece of fruit intact. Set aside. Fold in whipped cream into mayonnaise. Carefully fold whipped mixture into fruits. Arrange fruit salad in a bowl and garnish with maraschino cherries. Fruit Salad may be served as is. Or, freeze, and then serve. Serves 12.

* *Recipe of Mayonnaise, on page 123.*



FRENCH DRESSING

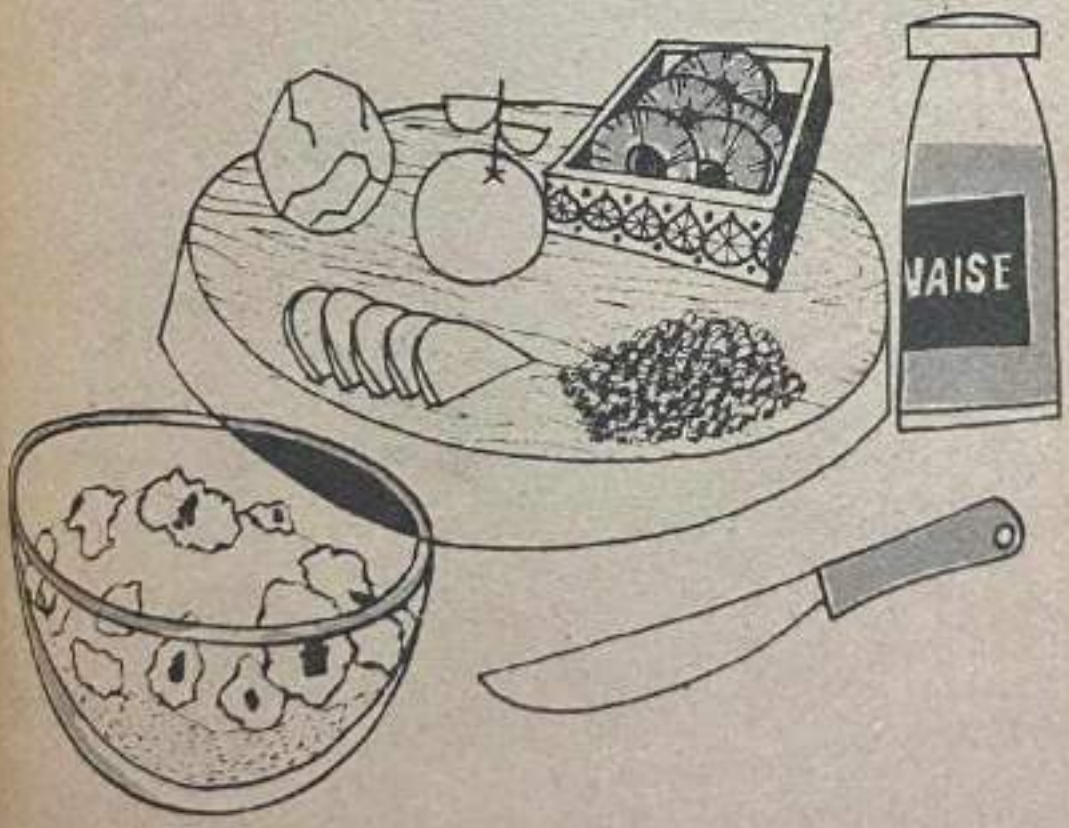
1 c. salad oil
⅓ c. vinegar
1 tsp. mustard
1 dash of freshly ground pepper
Salt to taste

Place salt and mustard in a bowl and beat in vinegar thus allowing salt to dissolve. Add oil gradually and season with pepper.
Or, place all ingredients in a covered jar and shake vigorously. Store in refdigerator and use just before serving salad.

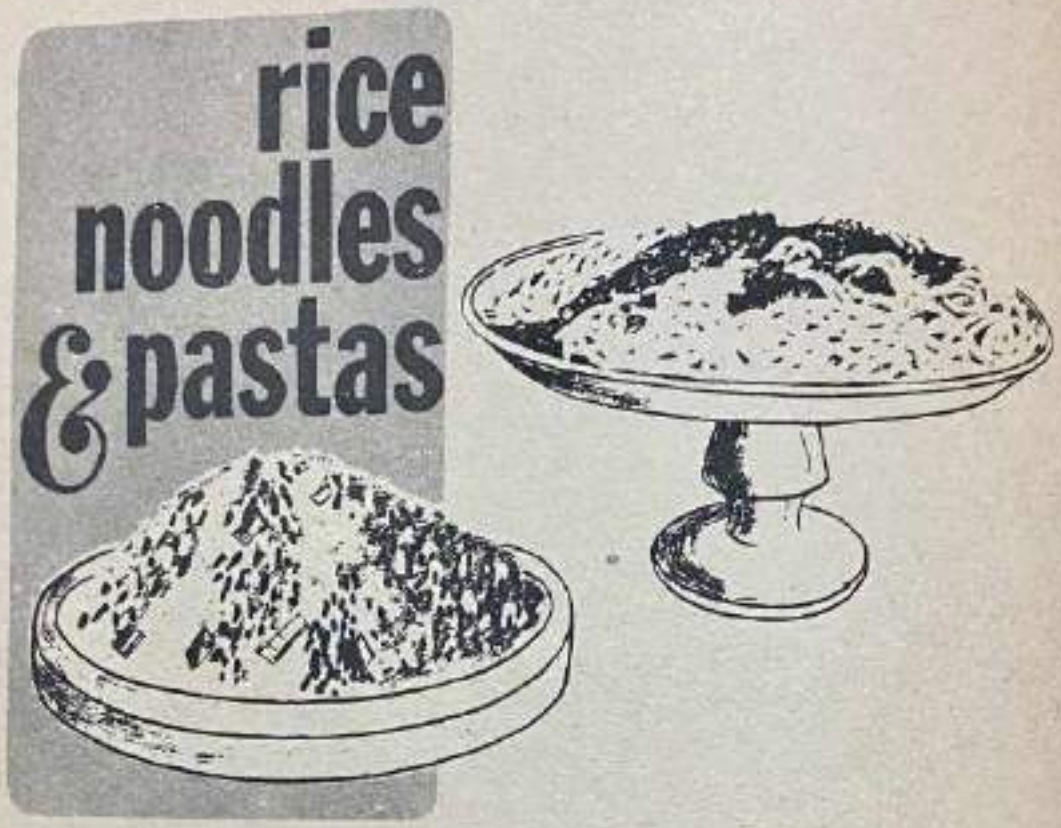
MAYONNAISE

1 egg yolk
½ tsp. salt
1 tsp. sugar (optional)
¼ tsp. mustard
⅛ tsp. pepper
1½ tbsps. vinegar or
1½ tbsps. calamansi or lemon juice
1 c. salad oil or cooking oil

Combine all ingredients except the salad oil in 1 qt. bowl. Beat thoroughly. Add salad oil, one tsp. at a time beating well after each addition. After all the salad oil has been added, beat one more minute or until mayonnaise is thick enough to hold its shape when spooned out. Makes about 1¼ cup mayonnaise.



rice noodles & pastas



ARROZ CALDO WITH GOTO

½ kilo goto or tripe, boiled till tender
3 cloves garlic, minced
1 onion, chopped
2 tbsps. patis (fish sauce)
1½ c. rice, washed
6 c. broth from goto
6 cloves, garlic
3 tbsps. cooking oil
2 stalks spring onion
2 calamansi
Patis
Pepper

Clean the tripe well and boil in water, until tender. Cut tripe into serving pieces. Saute garlic in cooking oil until golden brown. Set garlic aside. Saute onion in the same fat. Add patis and washed rice. Pour broth and boil. Stir occasionally until it looks like porridge. Add tripe and season to taste. Top with fried garlic, spring onions, and pepper. Serve hot with calamansi and patis.

MAYA TAMALES

1 pkg. Maya Bibingka Mix
2 c. rich coconut milk and
2 c. diluted coconut milk from 2 coconuts
1 med.-sized onion, minced
3 tbsps. cooking oil
1-3 tsps. black pepper
½ tsp. salt
4 tbsps. peanut butter or ½ c. finely chopped peanuts
Banana leaves, wilted over fire, cut into 3" strips
½ c. ham, cut into strips
½ c. bacon, cut into strips
½ c. chicken, cooked, cut into strips
3 hard cooked eggs, sliced
½ c. cooked shrimps (optional)

Blend Maya Bibingka Mix and 2 cups diluted coconut milk until smooth. Saute onion in cooking oil until soft but not brown. Add bibingka-coconut milk mixture to onions. Cook, stirring constantly to prevent lumping. Add black pepper and salt. Continue cooking until thick. Gradually add thick coconut milk and stir well until smooth and thick. Remove from fire. Put ¼ portion of the cooked mixture in a separate bowl and add the peanut butter or chopped peanuts. Blend well. Arrange two strips of banana leaves crosswise. In center of cross lay a tablespoon of the white mixture and top with a tsp. of the peanut mixture. Arrange strips of ham, bacon, chicken or pork, a slice of egg and shrimps. Pat in the form of a square. Wrap with banana leaves and tie securely or use aluminum foil for the outer wrapping; taking care to seal openings securely. Drop tamales in briskly boiling water (enough to cover all) and boil in tightly covered pan for half an hour. Remove at once from water to prevent a soggy tamales Cool before unwrapping and serving. Makes 20 tamales.

PANCIT LUGLOG

Red Sauce

½ c. cooking oil
6 cloves garlic, minced
1 c. cooked pork, diced
2 cakes tokua or bean curd, diced
¼ c. atsuwete water (2 tbsps. anato seeds soaked in ¼ c. water)
1 c. shrimp juice
½ c. kintsay or Chinese celery
Salt and pepper to taste
1 tsp. Aji-no-moto

Brown garlic in hot oil. Set aside for garnishing. Drop pork in cooking oil, fry until slightly brown. Add tokua and fry 1 minute. Add the concentrated atsuwete water. Pour the 1 cup concentrated shrimp juice and bring to a boil. Add the kintsay and season with salt, pepper and Aji-no-moto. Set aside.

Palabok

2 c. shrimp juice
¼ c. atsuwete water, (2 tbsps. anato seeds soaked in ¼ c. water)
6 tbsps. flour dissolved in ½ c. water
1 tsp. Aji-no-moto
Salt to taste

Soak atsuwete seeds in water, rub, to bring out color and strain. Add this to shrimp juice and put the mixture in a saucepan. Disperse flour and add to mixture. Bring to a boil while stirring constantly. Season with salt and Aji-no-moto. This is the sauce for the pancit which is called "palabok".

Pancit

2 qts. water
½ k. dried rice noodles, (bijon) soaked in cold water for 10 minutes then drained
1 c. mongo sprouts, (bean sprouts) without the long tail, boiled

Garnishing

½ c. flaked smoked fish (tinapa)
½ c. crisp cracklings or bacon rind (sitsaron), pounded
2 hard cooked eggs, chopped
½ c. fresh shelled, boiled shrimps
½ c. finely sliced green onions
6 pcs. calamansi or 1 lemon, in slices
Patis

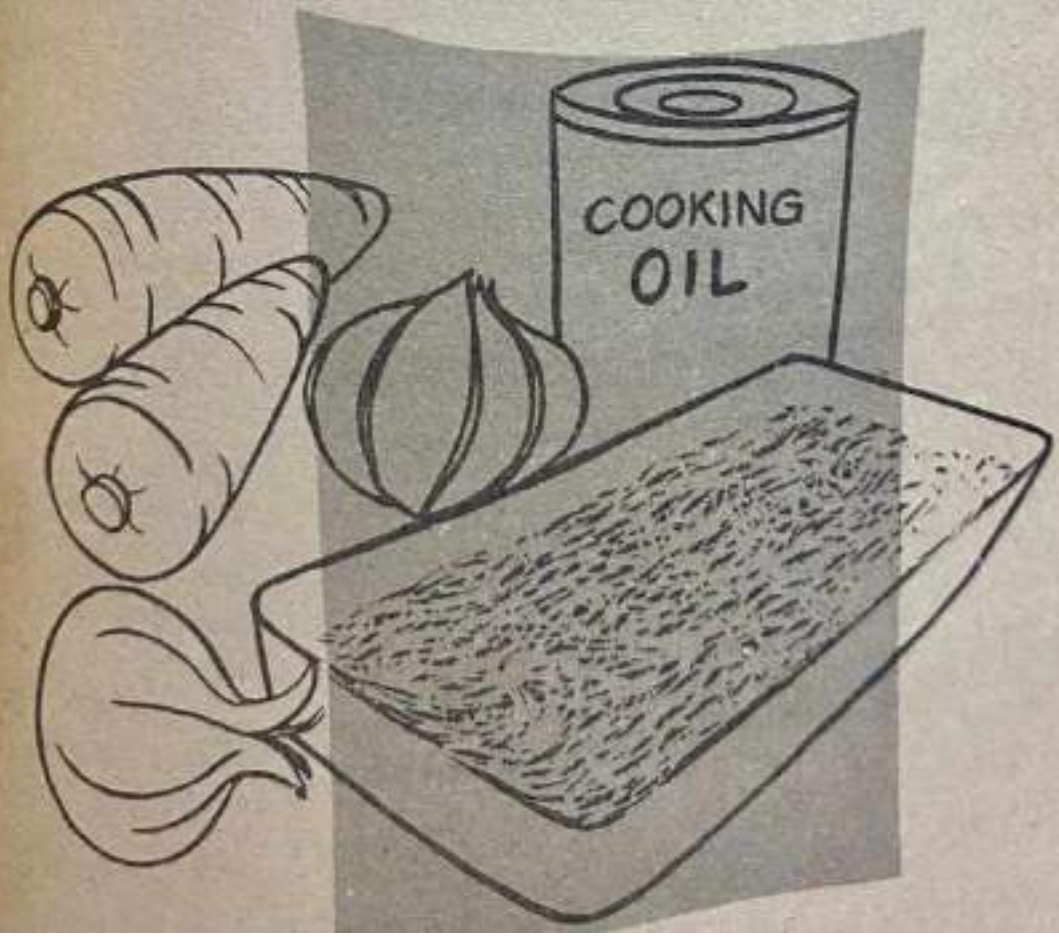
Measure 2 qts. water into a deep container and bring to a boil. Put a handful of togue into a sifter then add the bijon. Dip sifter into boiling water for 1 minute, then drain well. Continue until all the bijon has been cooked in boiling water. Pour noodles into a large platter. Cover with palabok. Top palabok with the pork and tokua mixture. Sprinkle finely flaked tinapa, sitsaron, chopped eggs and shelled shrimps. Sprinkle with chopped green onion, fried garlic, salt and pepper. Season with calamansi and patis.

SOTANGJON

¼ c. cooking oil
½ head garlic, crushed
1 onion, sliced
1 stewing chicken, quartered
10 c. water
1 carrot
2 stalks leeks
2 stalks celery
1 tsp. salt
1 tsp. Aji-no-moto
2 tbsps. patis
1 c. taingang daga;* soaked
10 pcs. dried mushrooms, soaked in water & sliced
200 gms. sotangjon, soaked in water for 10 minutes

Saute the garlic and onion in hot oil. Add the pieces of chicken and cook 5 minutes. Pour water and add the vegetables. Let boil. When chicken is tender, remove from broth and flake the meat. Strain broth. Press vegetables then asieve to get all the flavor. Season with salt, Aji-no-moto and patis. Pour back chicken meat, add taingang daga, mushroom and sotangjon. Boil 10 minutes. Serve hot with Biscocho.

* *See glossary.*



CHOW MEIN

8 pcs. dried mushrooms, soaked, then sliced
¼ c. cooking oil
4 cloves garlic, crushed
2 onions, sliced
1 c. lean pork, thinly sliced
8 pcs. ham, sliced
1 chicken, broiled
20 pcs. shrimps
½ tsp. salt
½ c. celery, diced
½ c. leeks, in ½" pcs.
2 tbsps. cornstarch
2-½ c. chicken stock
¼ c. soy sauce
2 tbsps. Aji-no-moto
½ tsp. salt
¼ tsp. pepper
1 pkg. pancit canton

Fry mushroom in hot oil. Push to one side of pan. Saute garlic and onions. Add pork and chicken. Simmer covered for 5 minutes. Add ham and shrimps, simmer 2 minutes. Add vegetables, salt and cook 5 minutes more. Disperse cornstarch in chicken stock season with soy sauce, Aji-no-moto, salt and pepper. Add to meat and vegetable mixture. Cook until thick. Set aside. Fry noodles in hot cooking oil till crisp. Arrange on a platter. Spoon topping. Serve.

FRIED MILK

2 c. cooking oil
100 gms. bijon — rice sticks
8 egg whites
2 egg yolks
½ tsp. salt
1 tsp. Aji-no-moto
1 c. crab meat
1 c. cream

Wansuey (Chinese parsley)

Heat oil until extremely hot. Drop bijon, fry until puffed. Arrange in a platter. Beat eggs slightly, season with salt and Aji-no-moto. Saute crabmeat in 3 tbsps. fat. Lower flame. Stir in the cream. Add slightly beaten eggs. Stir till mixture thickens slightly. Pour over fried bijon. Decorate with wansuey. If desired, sprinkle with sesame oil. Serve at once.

From the Liberty Milk Cookbook.

CHINESE FRIED RICE

4 strips bacon, cut finely
2 eggs, slightly beaten
2 c. cooked rice
¼ c. pork, boiled
1 tbsp. soy sauce
¼ c. cooked ham
¼ c. shrimps
1 tbsps. green onion, cut fine
2 tsps. Aji-no-moto
Salt and pepper to taste

Fry bacon until slightly brown. Remove bacon from skillet and fry the beaten eggs in bacon fat. Set some aside. Add cooked rice and fry for 5 minutes. Mix thoroughly. Add all other ingredients, cooked bacon and seasonings. Garnish with scrambled eggs, ham and green onion.

SIO MAI

Wrapper

1 c. water
1 tbsp. lard
¼ tsp. salt
1½ c. all-purpose flour

Combine water, lard and salt. Boil. At boiling point, pour in flour. Beat until it forms a ball. Put the dough on slab. Divide into 1½" balls. Roll the dough till paper thin. Set aside.

Filling

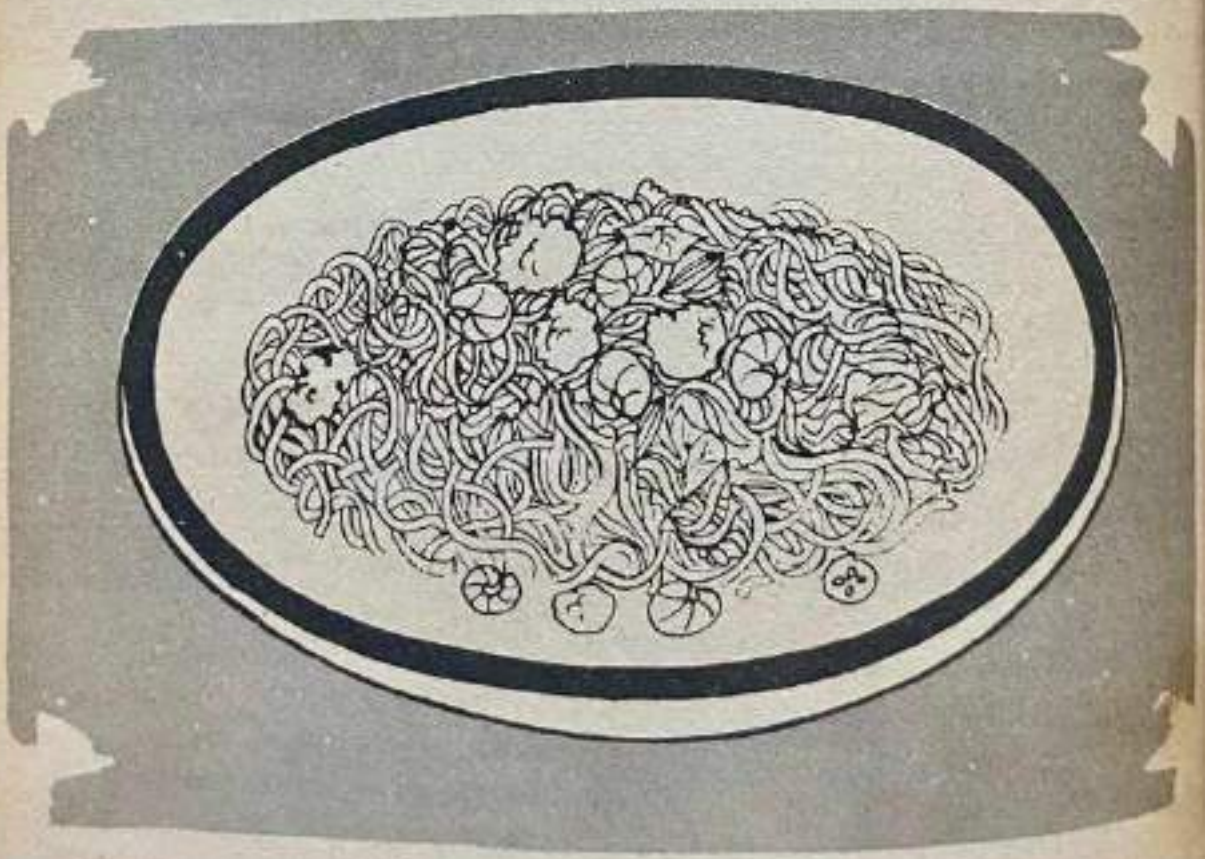
1 c. shrimps, chopped
¼ c. ground pork
1 c. singcamas, chopped
¼ c. spring onion, chopped
1 onion, chopped
1 egg
1 tsp. soy sauce
⅛ tsp. pepper
½ tsp. Aji-no-moto
1 tsp. salt
Sio Mai wrapper
Salad oil or cooking oil
Calamansi or lemon juice and soy sauce

Combine first 10 ingredients in a mixing bowl. Wrap about 1 tbsp. of mixture in a sio mai wrapper. Shape each in a bonnet-like poach. Brush with salad oil. Arrange in a steamer and steam for 30 minutes. Serve with soy sauce and calamansi or lemon juice.

PANCIT BIJON GUISADO

¼ c. cooking oil
2 cloves garlic, minced
1 onion, minced
1 c. boiled pork, sliced
1 small cabbage, shredded
1 large carrot, strips
2 tbsps. soy sauce
1½ c. broth
1 bunch kintsay or Chinese leeks
1 bundle 1st class bijon China (rice sticks)
1 tsp. salt
1 tsp. Aji-no-moto
2 pcs. chorizo canton, (Chinese sausage) fried and sliced
Spring onion, chopped

Saute garlic in cooking oil, add onions, pork, carrot and cabbage. Season with soy sauce and fry for 2 minutes. Add broth and simmer, add kinchay. When vegetables are cooked, mix in soaked and drained bijon and season with salt and Aji-no-moto. Garnish with chorizo canton and spring onions. Serve with calamansi.



PANCIT CANTON

¼ k. shrimps
1 tbsp. cornstarch
1 eggwhite
1 chicken breast
1 tbsp. cornstarch
1 eggwhite
2 cloves garlic, crushed
1 onion, chopped
¼ k. lean pork, sliced
5 pcs. chicken liver
2 tsps. salt
1 tsp. Aji-no-moto
2 tbsps. soy sauce
1½ c. broth
1 carrot, in strips
1 head cauliflower, cut into flowerettes
4 cabbage leaves, shredded
¼ c. chicharo or pea pod
⅓ c. kutsay
2 tbsps. cornstach, dispersed in ¼ c. water
1 pkg. pancit canton (Dried Chinese noodles)

Peel shrimps leaving tail. Devein. Coat with cornstarch and egg white. Set aside. Slice chicken breast, coat with cornstarch. Saute garlic, onion, pork, chicken liver, shrimps and chicken meat. Season with salt, Aji-no-moto and soy sauce. Pour broth and bring to a boil. Add all the vegetables. Thicken with dispersed cornstarch. Stir canton and cook 10 minutes. Serve hot.

SPECIAL CHINESE RICE PORRIDGE
LUGAO MACAO SPECIAL

1 c. rice
10 c. broth
3 pcs. kangiocho
¼ k. shrimps, chopped
½ k. ground pork
5 pcs. waterchestnuts, chopped
¼ c. spring onion, chopped
4 big pcs. mushrooms, cut in strips
2 eggs
1 tbsps. cornstarch
2 tsps. salt
1 tsp. Aji-no-moto
¼ k. pork liver, thinly sliced
Bitchu-bitchu (shrimp fritter)*

Cook rice in water or in broth with kangiocho. Mix the shrimps, pork, water chestnuts, spring onions, mushrooms, eggs, cornstarch, salt and Aji-no-moto together in a bowl. Form into ½" balls. Set aside. When rice is almost cooked drop in the bola-bola one at a time, put in the thinly-sliced liver. Season with salt and Aji-no-moto. Mix the lugao mixture constantly (5 minutes) to have a nice stock. Serve in bowl with 1 raw egg (optional) and the bitchu-bitchu.

* *Bitchu-bitchu can be obtained in Chinese market.*

ARROZ A LA PAELLA

20-25 pcs. clams
2 pcs. crabs (alimasag)
300 gms. medium-sized shrimps
1 chicken (about 500 gms.), cut up
⅛ c. olive oil
¼ k. pork, cut in serving pcs.
150 gms. ham, cut in 1" squares
1 pc. chorizo de bilbao, sliced
4 cloves garlic, crushed
1 medium onion, chopped fine
1 c. tomato sauce
1½ c. rice, washed
3½ c. broth
1 pc. red pepper, in strips
10 pcs. string beans
2 tsps. salt
1 tsp. Aji-no-moto
¼ c. peas
2 hard cooked eggs
1 sprig parsley
Slices of lemon

Boil clams, set aside 1 cup broth. Boil crabs and shrimps together. Set aside. Boil bony parts of the chicken. Set broth aside. Heat olive oil in a steel or a heavy pan or paellera. Fry chicken, pork, ham and chorizo. Cover until half done. Push to one side. Saute garlic, onion and tomato sauce. Add clam and chicken broth and rice. Mix everything together. When rice is half way done drop the red pepper, string beans, clams. Season with salt and Aji-no-moto. Cover tightly and allow to cook without stirring for 20 minutes or until all the broth is absorbed by the rice. Paella may be baked in the oven. (Keep pan covered). During the last 5 minutes of cooking put shrimps, crabs and peas on top. Garnish with sliced eggs, strips of pepper and parsley and lemon slices.

CANELLONI A LA TOSCANA

Pasta

1½ c. all-purpose flour
¼ tsp. salt
1 egg
1 egg yolk

Measure flour and salt in a bowl. Break in eggs. Knead to a smooth dough. Roll out dough very thin. Cut into 3½" squares. Drop squares in salted boiling water. Cook 1 minute or until tender but firm. Plunge in cold water and dry with a towel. Set aside. Prepare the Tomato Sauce, White Sauce and filling.

Tomato Sauce

2 c. tomato sauce
1 tsp. garlic, macerated
1 c. broth
Salt and pepper to taste
¼ c. butter
Aji-no-moto

Melt butter in a saucepan. Stir in tomato sauce, garlic, broth, salt and pepper. Lastly, add the Aji-no-moto. Stir over the fire until it boils then simmer for a few minutes.

White Sauce

½ c. butter
½ c flour
½ tsp. salt
¼ tsp. pepper
2 c. milk
2 c. water

Melt butter. Blend in flour and seasonings. Pour in milk and water. Cook until bubbly. Set aside. Prepare Filling.

Filling

3 tbsps. butter
1 clove garlic, crushed
1 onion, chopped
8 pcs. chicken liver or
½ c. liver paste
1 pc. pork brain
1½ c. cooked chicken, ground
¼ c. cooked ham, ground
¼ tsp. thyme
½ tsp. salt
¼ tsp. pepper
1 tsp. Aji-no-moto
2 eggs
½-1 grated cheese

Melt butter in a pan. Saute the garlic, onions, liver and brain. Grind sauteed mixture with chicken and ham. Season with thyme, salt, pepper and Aji-no-moto. Break in the eggs. Blend mixture thoroughly. Put about a tbsp. of mixture on each square of pasta and roll. Arrange cannelone side by side in a shallow baking dish. Cover with white sauce and tomato sauce. Make more layers if desired. Sprinkle generously with grated cheese. Broil.

CARBONARA

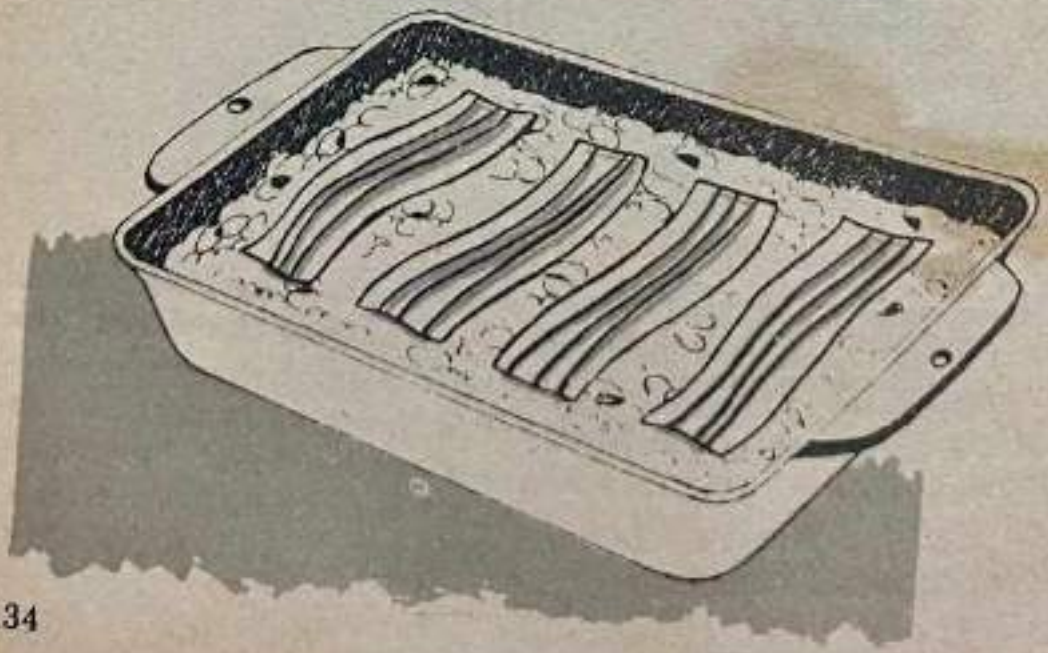
200 gms. bacon, cut in fine pcs.
1 head garlic, crushed
⅓ c. Baguio green pepper, (sweet variety), diced
⅓ c. red pepper (sweet variety) or pimientos, diced
1 8-oz. pkg. spaghetti
2 eggs, well beaten
2 tbsps. evaporated milk
½ tsp. salt
½ c. grated cheese

Fry bacon. Set aside. In 2 tbsps. bacon fat, brown garlic lightly. Add green and red pepper. Set aside. Cook spaghetti. Drain. While hot, fold in beaten eggs, milk, salt, some bacon, sauteed peppers and cheese. Garnish with rest of bacon, sauteed peppers and cheese. Serve at once.

SOPA SECA ITALIANA

1 chicken (about 500 gms.) (cooked)
1 box macaroni
3 tbsps. margarine
6 strips bacon, cut in pieces
1 pc. chorizo de bilbao, sliced
5 cloves garlic, crushed
1 onion, chopped
⅓ c. tomatoes, chopped
1 c. tomato sauce
Salt and pepper to taste
¾ c. grated cheese

Flake chicken meat. Set aside. Boil macaroni in chicken stock until just tender. Set aside. Heat margarine in a pan. Fry bacon and chorizo de bilbao. Set aside. In same pan, saute garlic, onion and tomatoes. Add tomato sauce. Simmer 2 minutes. Add the chicken, bacon and chorizo de bilbao. Simmer 2 minutes. Remove pan from fire. Blend in ½ cup grated cheese and macaroni. Pour in a pyrex dish, sprinkle remaining cheese. Broil until done.



LASAGNA

Pasta Verde

3 c. spinach leaves
3 c. all-purpose flour, sifted
3 eggs

Boil spinach in 1 cup water. Squeeze out water. Chop or grind spinach to make into paste. Set aside. Make a well in mound of flour on a board. Break in eggs one at a time, mixing lightly after each addition. Add spinach. Knead well to make a stiff and smooth dough. Divide. Flour may be added if necessary to make a stiff dough. Roll out each half to about ⅛" thick and cut into 4" x 4" pieces. Prepare Tomato Meat Sauce.

Tomato Meat Sauce

¼ c. olive oil
½ c. butter
2 clove garlic, crushed
⅔ c. onion, chopped
½ k. beef round, ground
200 gms. ground pork
4-6 tbsps. white wine
2 bay leaf
¼ tsp. nutmeg
¼ tsp. oregano
1 tsp. salt
½ tsp. pepper
1-2 c. beef broth or hot water
1 c. tomato sauce

Heat olive oil and butter. Brown the garlic, add the onions, cook gently until soft. Put in the ground beef, ground pork, wine and spices Allow to cook for a while then pour in ahe beef broth and tomato sauce. Simmer gently for 1 hour or umtil thick. Set aside. A little flour may be added to thicken the sauce. Prepare the Bechamel Sauce.

Bechamel Sauce

1 c. butter
⅔ c. flour
3 c. hot water
3 c. evaporated milk
2 tsp. salt
½ tsp. pepper
2 c. grated cheese

Melt butter in a pan. Blend in flour. Gradually stir in the hot water and evaporated milk. Cook until bubbly. Season with salt and pepper. Set aside. Boil 6 cups water with 2 tbsps. olive oil and 1 tsp. salt. Drop in pasta verde (about 6 pcs. at a time). Bring back water to a rolling boil, before dropping more pasta. Plunge pasta in cold water. Dry on a towel. Grease a pyrex dish with butter. Pour about ¼ of the Bechamel Sauce. Arrange a layer of pasta. Spoon in tomato meat sauce, and sprinkle generously with cheese. Repeat. Bake at 350° F. until top is golden brown. Let stand about 5-10 minutes to set layers. Serve.

RAVIOLI

Dough

1½ c. all-purpose flour
2 egg yolks
¼ tsp. salt
¼ c. lukewarm water

Measure 1½ cups flour on a board. Make a well and drop egg yolks. Add salt and lukewarm water. Knead thoroughly until slightly elastic. Put in a bowl, and let stand 10 minutes. Roll out dough thinly. Spoon a heaping tbsp. of filling about 2" apart on one half of the rolled dough. Cover with other half dough, moisten area around each filling, press sheets together around each mound of filling. Run a pastry wheel around the mounds to cut into 2" x 4" pieces. Drop into simmering chicken broth or salted water. Cook 10 minutes or until tender. Remove to a towel. Arrange ravioli in a platter. Sprinkle with cheese. Spoon tomato sauce. Serve with more cheese and tomato sauce.

Filling

2 tbsps. olive oil or cooking oil
1 clove garlic, crushed
½ c. ground beef
½ c. ground pork
½ c. salami, chopped
2 eggs
2 tbsps. parsley, chopped
½ c. grated cheese
Salt and pepper to taste
1 tsp. Aji-no-moto

Heat olive oil. Brown the garlic. Add the ground beef, pork and salami. Cook 2 minutes. Remove from fire and cool mixture slightly. Blend in eggs, parsley and cheese. Season with salt, pepper and Aji-no-moto.

Tomato Sauce

2 cloves garlic, crushed
1 onion, chopped
2 tbsps. butter
½ c. tomato paste
1½ c. broth or hot water
1 tsp. Aji-no-moto
¼ tsp. salt

Saute garlic, onions and tomato paste in butter. Pour in broth. Simmer until thick. Strain. Season with Aji-no-moto and salt.

PIZZA PIE

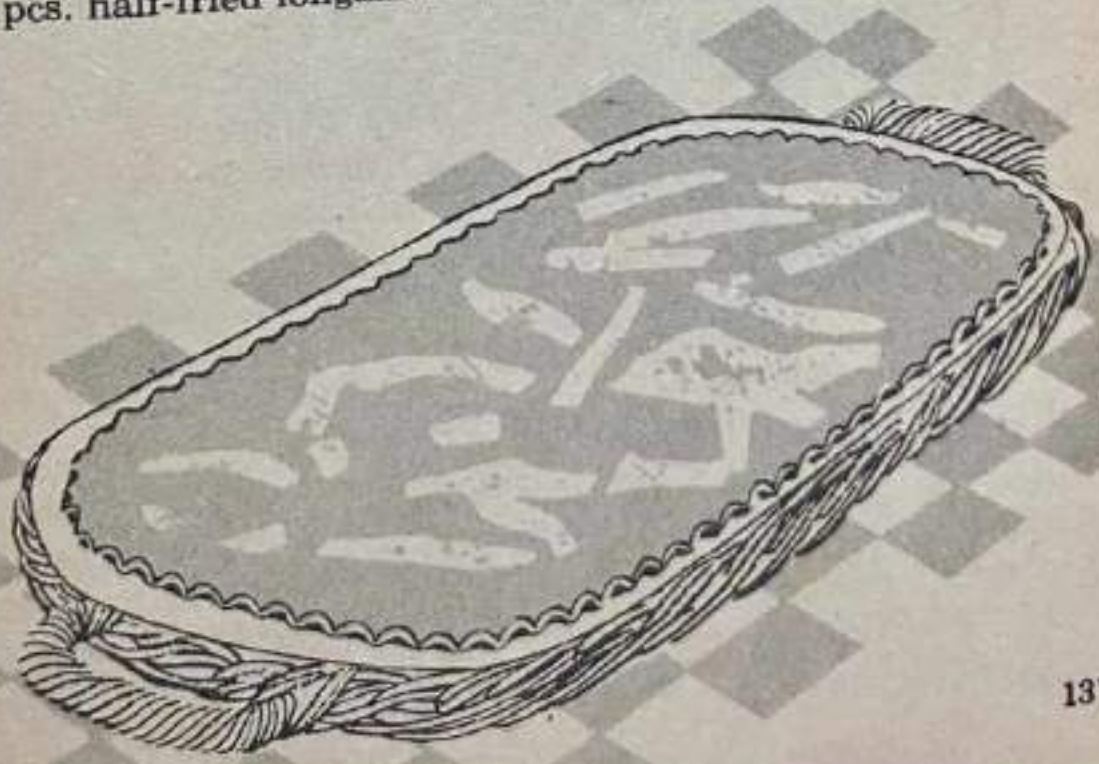
2½ tsps. yeast
2 tbsps. lukewarm water
2 tbsps. lard or vegetable fat
1 c. boiling water
1 tsp. sugar
1½ tsp. salt
3 - 3½ cups all purpose flour

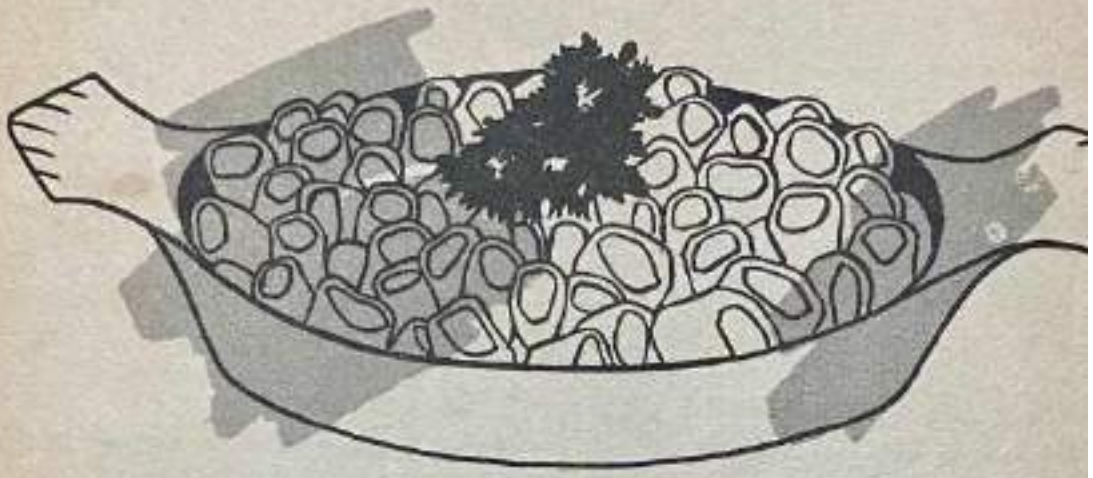
Soak yeast in lukewarm water. Dissolve lard, sugar and salt in hot water. Cool to lukewarm. Add yeast and half of the flour. Beat until smooth and soft dough is formed. Add rest of flour. Knead and smoothen into a ball. Let rise in a bowl covered for at least 1 hour or until double in bulk. Roll out directly on an ungreased cookie sheet. Brush with salad oil or cooking oil and spread with topping. Bake at 400°F. for about 35 minutes. Cut and serve at once.

Topping

1 medium onion, minced
1 clove garlic, chopped
1 tbsp. cooking oil
1 6 oz. can tomato paste
¾ c. water
½ tsp. oregano
½ tsp. worcestershire sauce
½ tsp. white pepper
½ tsp. salt
Dash of Tobasco or Red Devil

Saute onion, garlic in oil until light brown. Add tomato paste. Mix in water, stir well to blend. Add oregano, worcestershire sauce, salt, pepper and dash of tabasco. Stir mixture. Cover and simmer for sometime. Spread the following on dough with tomato paste mixture: ½ cup grated cheese, 10 round slices native cheese (kesong puti) or Mozzarella cheese, 1 small can tuna or ½ of big size can, 1 medium sweet green pepper (sliced into strips), ½ cup boiled peeled shrimps (about ⅛ kilo), 6 pcs. half-fried longanisa macao or Italian sausage.



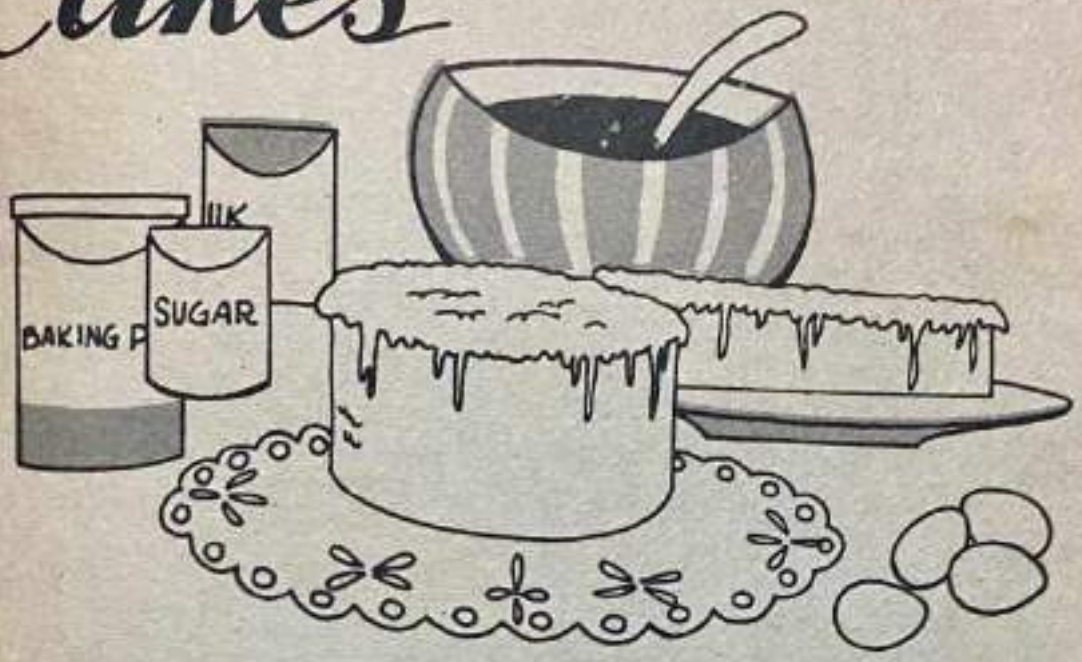


SPARERIBS & EGG NOODLE CASSEROLE

- 6 c. water
- 4 pcs. bouillon cubes
- ⅓ c. olive oil
- 1 k. pork spareribs, cut in serving pcs.
- 4 pcs. pork sausage, sliced
- 1 head garlic, crushed
- ⅔ c. onion, chopped
- 1 c. tomato sauce
- 1 tbsp. parsley, chopped
- 1 tsp. pimenton
- 2 tsps. Aji-no-moto
- 1 pkg. egg noodles (abou 200 gms.
- 2 tsps. salt
- ¼ tsp. pepper
- ⅔ c. grated cheese

Boil water, drop bouillon cubes, stir to dissolve. Set aside. Heat oil. Brown spareribs. Set aside. Drop in pork sausage, fry. aside. In same oil, saute garlic, onion and tomato sauce. Add pa pimenton and Aji-no-moto. Put back spareribs and pork sau in pan, let simmer 2 minutes. Pour spareribs mixture into bou water. Bring to a boil, lower heat, simmer until spareribs are al tender. (More hot water may be added if necessary). Put in noodles. Add 3 cups boiling water, cover pan and cook until noo are tender. Season with salt and pepper. Transfer to a pyrex d sprinkle generously with cheese. Broil. Serve hot.

Cakes



COCONUT-PILI CHOCOLATE CAKE

Follow the Basic Chocolate Cake recipe.* Cover top with Coconut-Pili Frosting.

Coconut-Pili Frosting

1 can LIBERTY CONDENSADA
3 egg yolks
½ lb. butter
1 tsp. vanilla
1⅓ c. fresh coconut**
1 c. chopped pili nuts

Combine first 4 ingredients together. Cook and stir over double boiler until mixture thickens. Add coconut and pili nuts. Beat until frosting is thick enough to spread.

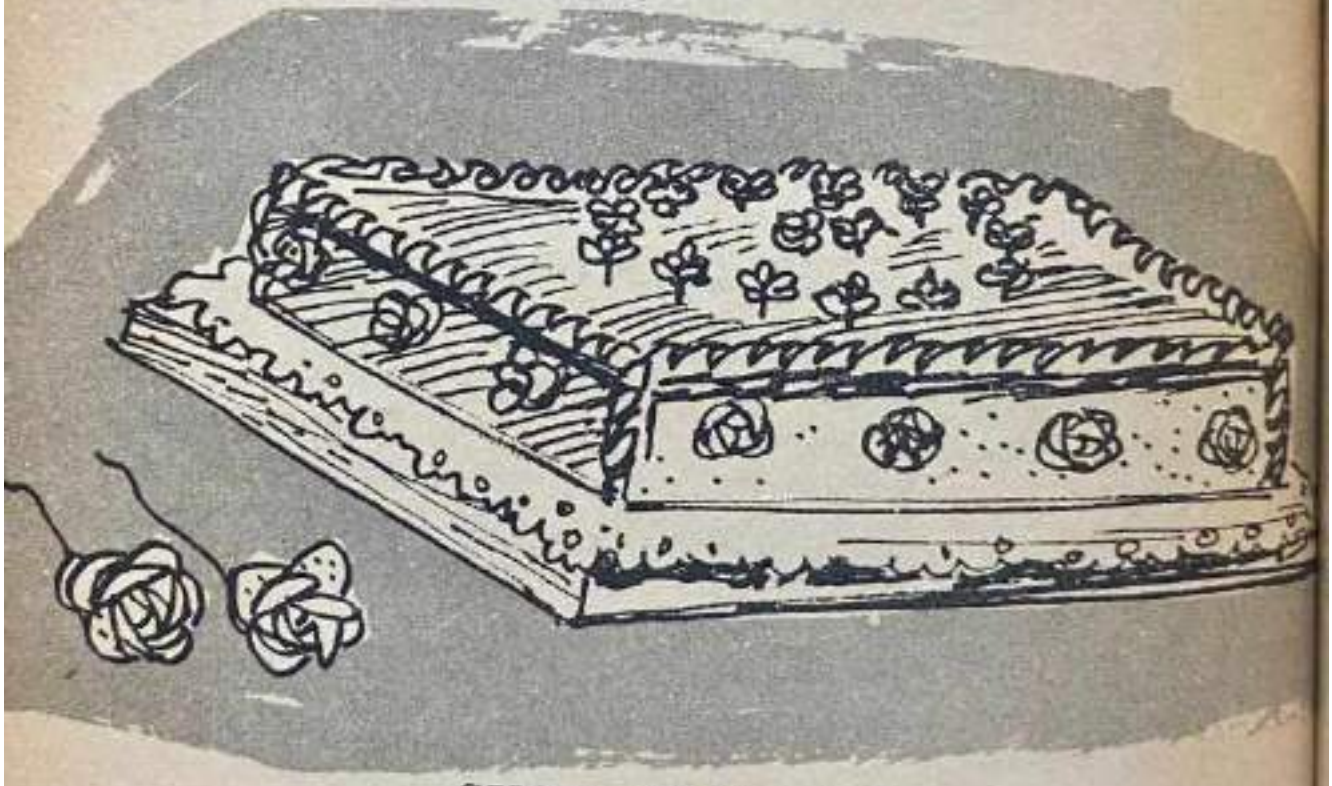
* *Recipe of Basic Chocolate Cake, on page 148.*

** *To prepare coconut: Grate coarsely 1 young coconut. Bake 10 minutes at 200° F. to dry partially.*

NO-BAKE FRUIT CAKE

- 1 c. LIBERTY CONDENSADA
- 2 tsps. grated lemon rind
- 2 tbsps. lemon juice
- 2-3 c. marshmallows, cut in small pieces with scissors
- 1 pkg. (7¼ oz.) pitted dates cut in pcs. with wet scissors
- 1 jar (8 oz.) candied fruits
- 4½ c. Graham cracker crumbs
- 2 c. nut meats, coarsely chopped maraschino or candied cherries

Crush graham crackers crumbs and sift through a coarse sifter. Set aside. Combine Liberty Condensada, lemon rind and juice, marshmallow, dates, candied fruits, nuts and graham crackers in a bowl. Blend until fruits and nuts are well coated with graham crackers crumbs. Pack mixture firmly into a 9 inch loaf pan lined with waxed paper. Cover with tin foil and store in a cool place at least two days before serving. Remove cake from pan, peel off waxed paper and decorate with candies cherries. Slice and serve.



SUGAR FLOWERS

- 2 egg whites
- 3 c. powdered sugar
- Juice of 1 calamansi

Beat egg whites slightly. Add powdered sugar gradually beating well after addition. Add calamansi juice. Mix well. Add desired food coloring. If sugar gets too stiff to work with, add a few drops of calamansi.

VIRGINIA OCAMPO CHEESE CHIFFON CAKE
(Prize winning cake)

2 c. White King cake flour
¼ c. cornstarch
1 c. sugar
1 tsp. baking powder
1 tsp. salt
½ c. cooking oil
7 egg yolks
¾ c. water
1 tsp. dayap rind
1 c. cheese, finely grated (queso de bola)
8 egg whites
½ tsp. cream of tartar
½ c. sugar

Preheat oven at 325°F. Measure and sift into a bowl flour, cornstarch, 1 c. sugar, baking powder and salt. Make a well in the center of the dry ingredients. Pour the cooking oil, egg yolks, water and dayap rind. Blend thoroughly. Fold in grated cheese. In a big bowl, beat the egg whites and cream of tartar until frothy. Add the half cup of sugar and continue beating until stiff peaks are formed. Gradually fold the egg yolk mixture into the beaten egg whites. Pour into a 10" x 4" tube pan. Bake at 325°F. for 55 minutes. Increase to 350°F. and bake until done (about 10 minutes).

Butter Cheese Icing:

1 c. butter
¾-1 c. sugar
¾-1 c. LIBERTY MILK
1 c. grated cheese

Cream the butter. Gradually add the sugar and beat after each addition. Add the milk gradually and beat until smooth. Separate approximately ¾ c. of the icing. To this, add ½ c. grated cheese. Paint cheese-butter icing over and around the cake. Broil for 3-5 minutes. Cool. Spread remaining butter icing on cake and sprinkle with rest of cheese. Serve.

BANQUET LAYER CAKE

3 c. cake flour, sifted
3½ tsps. baking powder
1 tsp. salt
¾ c. butter or margarine
1½ c. sugar
1½ c. milk
1 tsp. vanilla
1 tsp. almond extract
7 egg whites
½ c. sugar
3 pcs. 9 inch layer pans or 13" x 9" rectangular pan

Sift dry ingredients together. Cream butter and add sugar gradually. Combine milk, vanilla and almond extract, add alternately with the dry ingredients to creamed mixture. Blend well after each addition. Set aside. Beat egg whites until stiff but not dry, add sugar gradually. Beat until stiff. Fold into batter. Pour into prepared pan. Bake at 350°F. for 30 to 40 minutes. Cool and frost with De Luxe White Frosting.*

DE LUXE WHITE FROSTING

1 recipe White Mountain Frosting*
½ c. chopped walnuts or almonds
¼ c. maraschino cherries, drained & cut finely
½ c. chopped dates or raisins

Add chopped fruits and nuts to White Mountain Frosting and spread between and on Banquet Layer Cake.

* *Recipe of White Mountain Frosting on page 158.*

SPEEDY CARAMEL FROSTING

¼ c. butter or margarine
½ c. brown sugar, firmly packed
¼ c. LIBERTY MILK
1½ c. confectioner sugar
⅓ c. cashew nuts, chopped
½ tsp. vanilla

Melt butter in saucepan. Add brown sugar and cook over medium heat for 2 minutes, stirring constantly. Add Liberty Milk, continue stirring and bring to a boil. Remove from heat. Blend in confectioners sugar and chopped nuts and mix well. Add vanilla, beating until of spreading consistency.

BUTTER CAKE

3¼ c. cake flour
4½ tsps. baking powder
1¼ c. sugar
¾ c. butter
4 eggs, separated
¾ c. LIBERTY MILK
½ c. water
¼ tsp. cream of tartar
1½ tsps. vanilla

Sift flour and measure. Sift flour and baking powder together. Cream the butter. Add sugar gradually. Continue beating until mixture is light and fluffy. Frequently scrape the sides of the bowl. Drop egg yolks into the mixture one at a time beating well after each addition. Add the dry ingredients and milk alternately, beginning and ending with flour. Beat egg whites and cream of tartar until very stiff. Fold into butter-flour mixture. Pour into lined (ungreased) rectangular pan. Bake at 350°F for 30 to 40 minutes or until golden brown. Frost with desired icing.

BROWN SUGAR CHOCOLATE FROSTING

½ c. brown sugar
½ c. water
2 tbsps. butter or margarine
2 squares (2 oz.) unsweetened chocolate
2 c. confectioner sugar
⅛ tsp. salt
¼ c. Liberty Milk
1 tsp. vanilla

Combine sugar, water and butter in a saucepan. Cook to soft ball stage (236°F.). Remove from heat. Add unsweetened chocolate, stir until melted. Blend in confectioner's sugar and salt alternately with the milk, beating well. Add vanilla.

PINEAPPLE-UPSIDE DOWN CAKE

2 tbsps. butter
½ c. brown sugar
4 slices pineapple, drained
¼ c. pineapple juice
1¼ c. cake flour
2 tsp. baking powder
½ tsp. salt
⅓ c. butter
½ c. sugar
1 pc. egg, unbeaten
½ c. milk
½ tsp. vanilla

Melt butter in 8 x 8 inch pan. Sprinkle with sugar and pour pineapple juice. Arrange pineapple slices. Sift dry ingredients together. Set aside. Cream butter and add sugar gradually, creaming well. Add unbeaten egg and beat well. Combine milk and vanilla. Add alternately with dry ingredients to creamed mixture Blend well after each addition. Pour over pineapple. Bake on moderate oven 375°F. 45 minutes. Let stand 5 minutes, turn upside down.

MOCHA ROLL

1 c. sifted cake flour
1 tsp. baking powder
¼ tsp. salt
3 eggs
1 c. sugar
⅓ c. water
1 tsp. vanilla

Grease a 15-½" x 10-½" jelly roll pan and line with brown paper or with aluminum foil. Sift together first three ingredients. Set aside. Beat the eggs in a bowl until very thick and lemon-colored. Gradually beat in sugar. Blend ⅓ c. water and vanilla. Slowly mix in dry ingredients to egg mixture just until batter is smooth. Pour into prepared pan. Bake at 375°F. for 12 to 15 minutes or until top springs back when lightly touched. Loosen edges and immediately turn upside down on a towel sprinkled with sugar. Carefully romove paper. Trim off any stiff edges (scissors are easiest for this). While cake is still hot, roll cake in towel sprinkled with sugar. Cool. Unroll again. Spread Mocha filling. roll. Cut into 1-inch slices.

Mocha Filling:

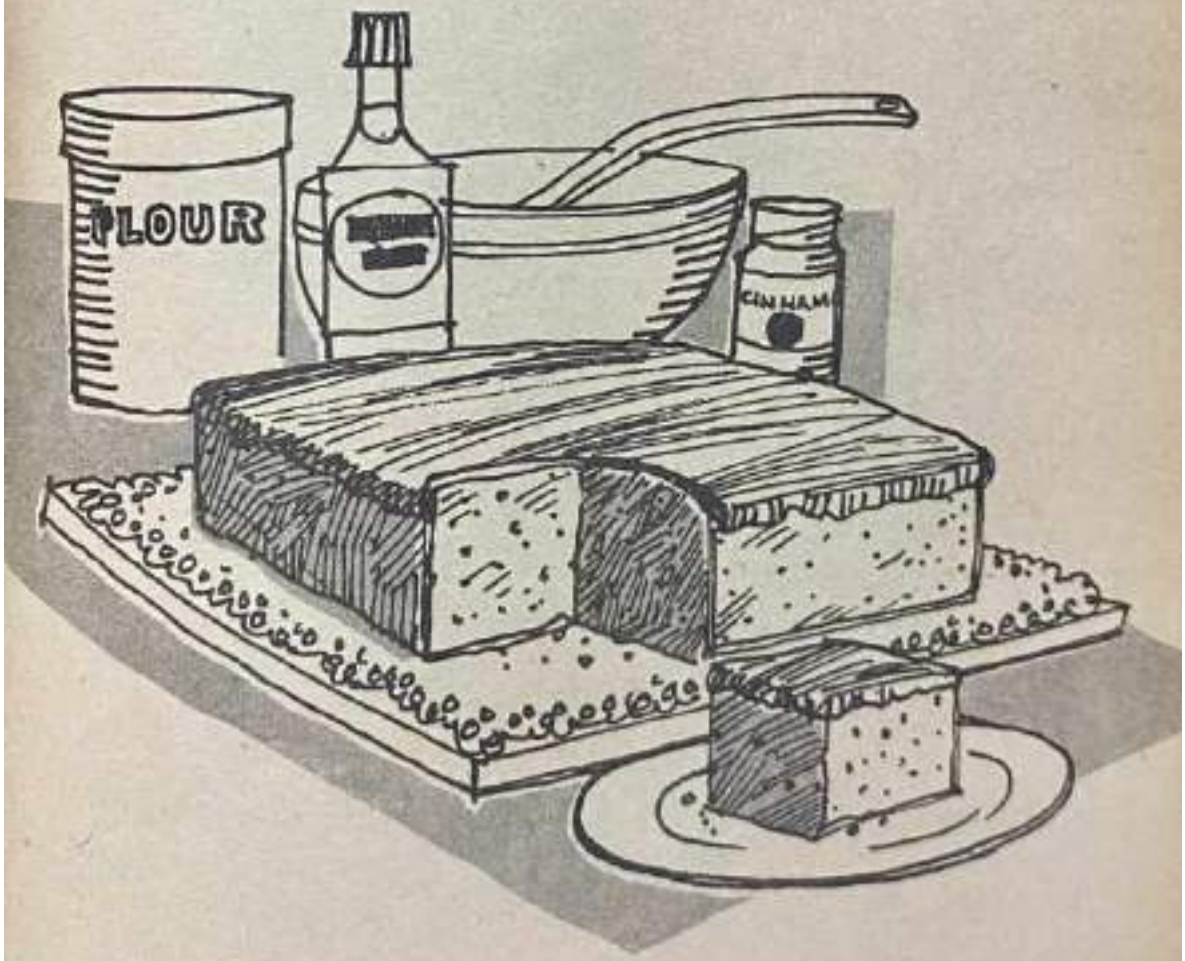
½ lb. butter
2 c. powdered sugar
3 tbsps. strong coffee
½ c. cashew nuts, coarsely chopped

Cream butter until light and fluffy. Add sugar alternately with the milk and coffee mixture. Blend well. Add chopped cashew nuts.

SUGAR AND SPICE CAKE

¼ c. sugar
2 tsp. cinnamon
3 tbsps. water
1¾ c. all purpose flour
2 tsp. baking powder
½ tsp. salt
⅓ c. butter
1 c. sugar
⅛ c. milk
1 tsp. vanilla
2 egg whites

Combine sugar, cinnamon and water in sauce pan. Cook, stirring constantly, until mixture begins to boil. Remove from heat, set aside. Sift dry ingredients together. Cream butter and add sugar gradually. Combine milk and vanilla. Add alternately with the dry ingredients to creamed mixture. Blend well after each addition. Beat egg whites until stiff but not dry. Fold into batter. Pour into well-greased and lightly floured 9 x 9 x 2 inch pan. Drizzle cinnamon syrup over top, cut back and forth through batter with knife for marble effect. Bake at 350°F. 35 to 40 minutes.



BASIC CHOCOLATE CAKE

1 c. butter
1½ c. sugar
5 egg yolks
⅔ c. cocoa

2½ c. cake flour
1 tsp. baking soda
1 c. milk with 1 tsp. vinegar or calamansi
5 egg whites
½ c. sugar

Cream butter until light and fluffy, adding the sugar and yolks gradually. Sift flour, soda and cocoa together. Add the flour-cocoa-soda mixture alternately with the milk beginning and ending with the flour mixture. Beat egg whites adding the sugar gradually until stiff but not dry. Fold the egg whites into the chocolate mixture using the cut and fold strokes. Pour into prepared pans and bake in moderate oven (350°F.) for 40-45 minutes or until cake springs back when lightly touched. Cool the cake.

MACAPUNO CHIFFON CAKE

1¾ c. all purpose flour, sifted
¼ c. cornstarch
4 tsps. baking powder
1 tsp. salt
½ c. granulated sugar
½ c. cooking oil
7 egg yolks
½ c. water
½ c. macapuno syrup
2 tbsps. pineapple juice
1 tsp. vanilla
1 c. egg whites
½ tsp. cream of tartar
½ c. granulated sugar
½ c. grated sweetened macapuno, drained and chopped

Pre-heat oven to 325°F. Sift first 5 ingredients into a mixing bowl. Make a well in center and add in next 6 ingredients. Blend well until smooth. Beat egg whites with cream of tartar until soft peaks are formed. Add sugar gradually and continue beating until very stiff. Fold in egg yolk mixture into beaten egg whites until blended. Fold in well drained, chopped sweetened macapuno. Pour into ungreased 10-inch tube pan. Bake at 325°F for 50 minutes, then at 350°F for 10 minutes. Invert pan over neck of bottle to cool. Loosen with spatula to remove. Frost with white icing.* For more flavor, slice cake into 2 layers and fill with macapuno before frosting.

* *Recipe for White Icing, on page 158.*

Sweetened Macapuno:

1 c. granulated sugar
1 c. water
½ c. grated macapuno
¼ tsp. anis, wrapped in a piece of cloth

Boil sugar and water. Add macapuno and anis, continue simmering until macapuno is nearly transparent and syrup has become slightly thick. Strain and cool. Remove anis. Spread macapuno on clean board and cut into small bits.

BLITZ TORTE

½ c. butter or margarine
½ c. sugar
4 egg yolks
1 tsp. vanilla
2 c. sifted cake flour
1 tsp. baking powder
3 tbsps. evaporated milk
4 egg whites
¾ c. sugar
¼ tsp. cinnamon
½ c. chopped cashew or walnuts

Pre-heat oven to 350°F. Line bottom and sides of 2-8" layer cake pans, extend paper beyond sides of pan. Cream butter until light. Gradually add the sugar and egg yolks beating well after each addition. Blend in vanilla. Sift flour and baking powder together. Beat in flour-baking powder mixture with milk beginning and ending with flour mixture. Pour into prepared pans. Set aside. Beat 4 eggwhites. Add sugar and beat until stiff peaks are formed. Pile onto batter. Sprinkle with cinnamon and cashew nuts. Bake at 350°F. for 15 minutes. Prepare ½ recipe of cream filling.* Spread cream filling between two layers. Serve.

DARK FRUIT CAKE

2 c. raisins
1 c. dates, chopped
2 c. candied fruits
1 c. pili, chopped coarsely
1½ c. all-purpose flour
¼ tsp. baking soda
½ tsp. cinnamon
¾ tsp. all-spice
½ c. butter
½ c. sugar
3 eggs, unbeaten
¼ c. rum or brandy
¼ c. honey or light molasses

Heat oven to 275°F. Grease and line a tube pan or a loaf pan with wax or brown paper. Put raisins, dates, glazed fruits and pili nuts in a bowl. Sift flour, baking soda, cinnamon and all-spice over fruits. Toss fruits until well coated with flour. Set aside. In a large bowl, cream butter, add the sugar and eggs gradually, beating well after each addition. Stir in fruit-flour mixture alternately with brandy and molasses. Spoon into prepared pan and bake 3½ hours. Cool. Wrap in aluminum foil and store in tight container to keep well. If desired, moisten with rum or brandy occasionally.

* *Recipe of Cream Filling, on page 185.*

PILI CREAM CAKE

1 c. caramelized pili nuts,* chopped
2 c. all purpose flour
2½ tsps. baking powder
½ tsp. salt
½ c. butter or margarine
1 c. sugar
1 egg
2 egg yolks
1 c. milk
1 tsp. vanilla

Sift dry ingredients together. Cream butter adding sugar gradually, creaming well. Add unbeaten egg and egg yolks. Combine milk and vanilla. Add alternately with the dry ingredients to creamed mixture. Blend well after each addition. Fold in chopped pili nuts, reserving ¼ cup. Turn into two 8" round layer pans, well greased and lightly floured. Bake at 350°F. for 30 to 35 minutes. Cool. Spread cream filling between layers.**

Meringue:

3 egg whites
¼ tsp. salt
¼ tsp. cream of tartar
6 tbsps. sugar

Combine and beat first 3 ingredients together until slight mounds form. Add sugar gradually beating well after each addition. Continue beating until meringue stands in stiff glossy peaks. Cover top and sides with meringue. Sprinkle with reserved nuts. Brown at 350°F. for 12-15 minutes.

* *Caramelized pili nuts can be bought in bottles.*

** *Recipe of cream filling on page 185.*

CHOCOLATE BEEHIVES

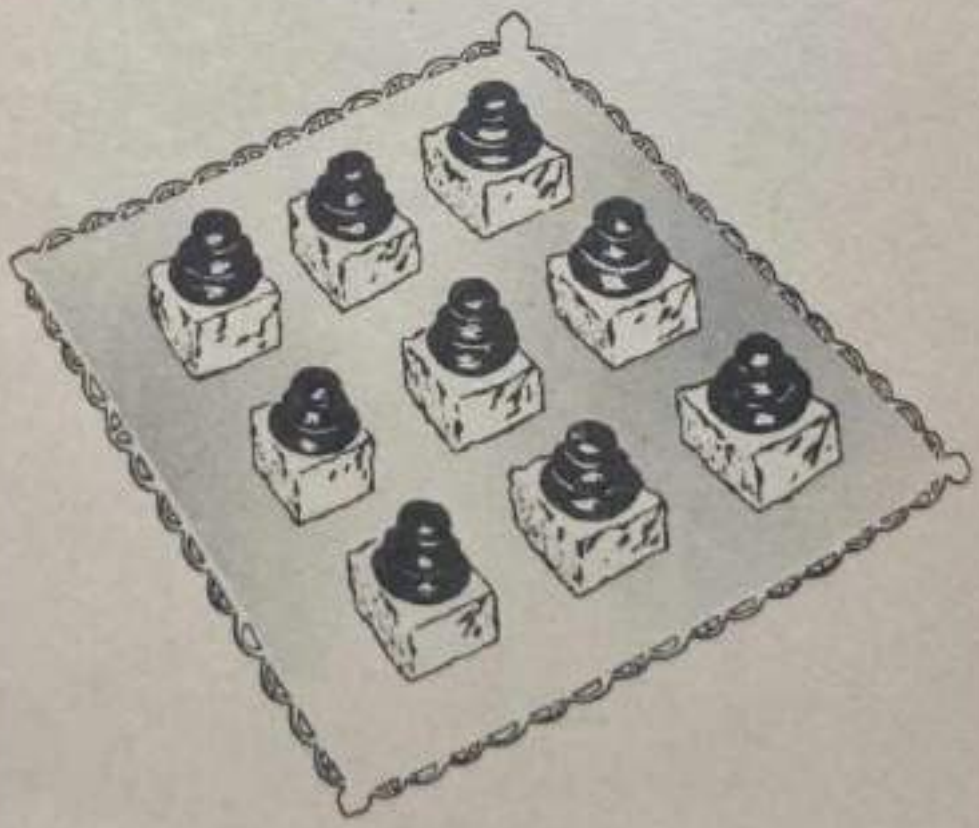
Prepare Basic Chocolate Cake.* Cut into 2″ x 2″ square pieces. Top with graduated mounds of White Mountain Frosting.** Cover with Chocolate Sauce.

Chocolate Sauce

2 squares or 2 oz. chocolate
2 tbsps. butter
2 lbs. powdered sugar
½ c. milk
¾ c. corn syrup

Combine all the ingredients on top of a double boiler. Cook stirring constantly until thick.

* *Recipe of Basic Chocolate Cake, on page 148.*
** *Recipe of White Mountain Frosting, on page 158.*



PRUNE CAKE

½ c. evaporated milk
⅓ c. water
1 tsp. calamansi or lemon juice
1 c. prunes
⅓ c. water
1 butter or margarine
1 c. sugar
4 egg yolks
2½ c. sifted cake flour
1 tsp. baking soda
1 tsp. baking powder
4 egg whites
½ c. sugar

Combine milk, water and calamansi juice. Let stand until milk coagulates. Boil prunes in water until soft. Pit, then chop. Set aside. Cream butter until light and fluffy. Gradually add sugar and egg yolks beating well after each addition. Sift flour, soda and baking powder together. Beat flour mixture alternately with sour milk. Blend in prunes. Set aside. Beat egg whites until soft peaks are formed. Gradually add sugar, beat until stiff but not dry. Fold into prune mixture. Pour into a paper-lined 13" rectangular pan and bake at 350°F. for 35-40 minutes or until done. Cool and split cake. Fill cut layer with Prune Butter Icing. Replace top and frost sides and top with Prune Butter Icing.

Prune Butter Icing

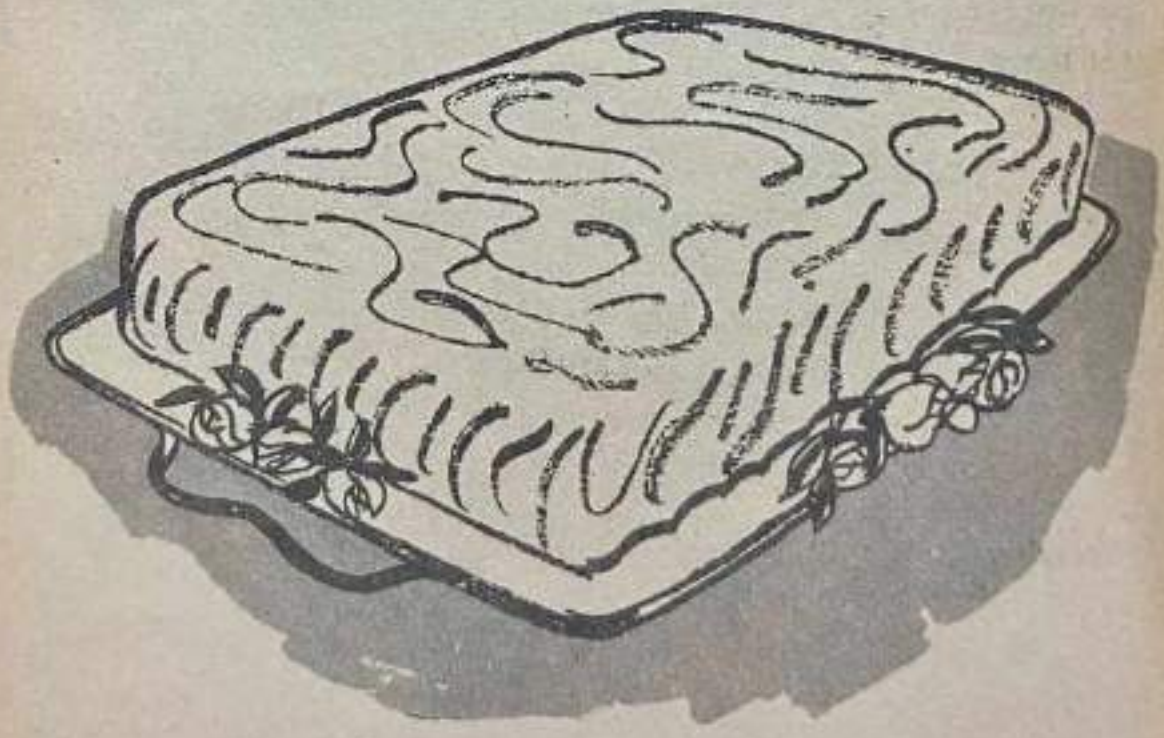
Prepare Butter Icing,* set aside ¼ cup, add ⅔ cup chopped prunes to remaining icing. Use to fill and frost cake. Decorate with remaining ¼ c. butter icing

* *Recipe of Butter Icing, on page 158.*

BASIC SPONGE CAKE

1 c. sifted cake flour
1 tsp. baking powder
¼ tsp. salt
5 egg yolks
¼ tsp. salt
2 tbsps. cold water
1 tsp. vanilla
½ c. sugar
5 egg whites
½ c. sugar

Sift flour, baking powder and salt together. Set aside. Beat egg yolks with salt, cold water and vanilla until light. Gradually add sugar, beating well until thick and lemon-colored. Set aside. Beat egg whites until soft peaks are formed. Gradually add sugar, beating well until very stiff but not dry. Fold egg yolks alternately with flour-mixture into egg whites. Pour into prepared pans. Bake at 350°F. about 20-25 minutes. Cool and frost with favorite icing.



MACAPUNO ROLL

Follow Sponge Cake recipe.* Pour into a paper-lined jelly roll pan. Bake at 350°F. for 20-25 minutes or until done. Invert immediately on a towel dusted with powdered sugar. Roll. Cool. Unroll and fill with Macapuno Filling. If desired frost with White Mountain Frosting.

Filling

4 egg yolks or 2 eggs
¼ c. all-purpose flour
¼ c. butter or margarine
1 can Liberty Sweetened Condensed Milk
1 c. macapuno, grated
1 tsp. vanilla

Blend first 4 ingredients together. Cook over double boiler until thick. Add macapuno and cook 2 minutes more. Add vanilla. Cool.

From the Liberty Milk Cookbook.

* *Recipe of Basic Sponge Cake, on page 154.*

MOCHA CAKE

5 eggs
¾ c. sugar
¾ c. plus 2 tbsps. cake flour, sifted 3 times
¼ c. melted butter, cooled

Beat eggs until fluffy. Add the sugar gradually and beat until thick. Fold in flour and melted butter. Pour in a 13" x 9" x 2" paper-lined pan. Bake at 325°F. 20 minutes. Invert at once on a cake rack and cool completely. Split cake and sprinkle with 1 tbsp. creme de cacao. Fill and frost with Mocha Icing.

Mocha Icing

3 egg yolks
½ c. sugar
¼ c. evaporated milk
3 tbsps. creme de cacao
1½ tbsps. instant coffee
¾ c. butter

Beat egg yolks slightly. Blend sugar and milk. Cook over low fire, stirring constantly till mixture coats the spoon. Cool. Cream butter and add cooled egg yolk mixture gradually. Blend in creme de cacao and instant coffee.

NOTE: If you wish to tint icing for decoration, remove enough icing before adding coffee infusion.

MANGO CAKE

10 egg whites
1 c. sugar
10 egg yolks
¼ c. water
1 tsp. vanilla
1 c. sugar
2 c. sifted cake flour

Beat egg whites until foamy. Gradually add sugar, continue beating until very stiff but not dry. Set aside. Beat egg yolks with water and vanilla until creamy. Gradually add sugar, beating well until thick and lemon colored. Fold egg yolks alternately with flour into egg whites. Pour in a paper-lined 13" x 9" rectangular pan and bake at 350°F. 20-25 minutes. Cool. Prepare Icing.

Icing

1 c. sugar
1 c. fresh milk or evaporated milk
1½ c. butter
1 c. whipped cream (chilled)
4 ripe firm mangoes, peeled and sliced into 1" x 2½" pcs.

Dissolve sugar in milk, set aside. Cream butter until light and fluffy. Beat in milk mixture until smooth. Blend in whipped cream. Set aside. Split cake. Spread icing on cut layer, arrange sliced mangoes, leaving several pieces for topping. Place other half of cake on top and ice all around. Garnish with sliced mangoes. Chill and serve.

MOCHA PRALINE ROLL

Prepare sponge cake.* Pour into a paper-lined jelly roll pan and bake at 350°F. 20-25 minutes or until done. Invert immediately on a towel dusted with sugar. Roll. Cool. Fill with Mocha Praline. Frost with Mocha Icing.

Mocha Icing

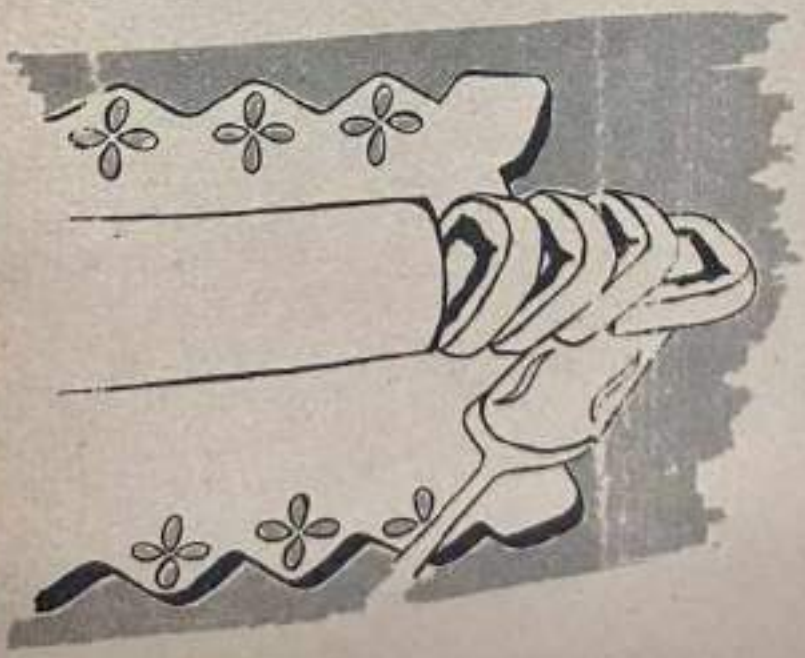
Prepare Butter Icing** and add 1 tbsp. instant coffee. Set aside 1 c. for frosting, use ¾ c. for Mocha Praline.

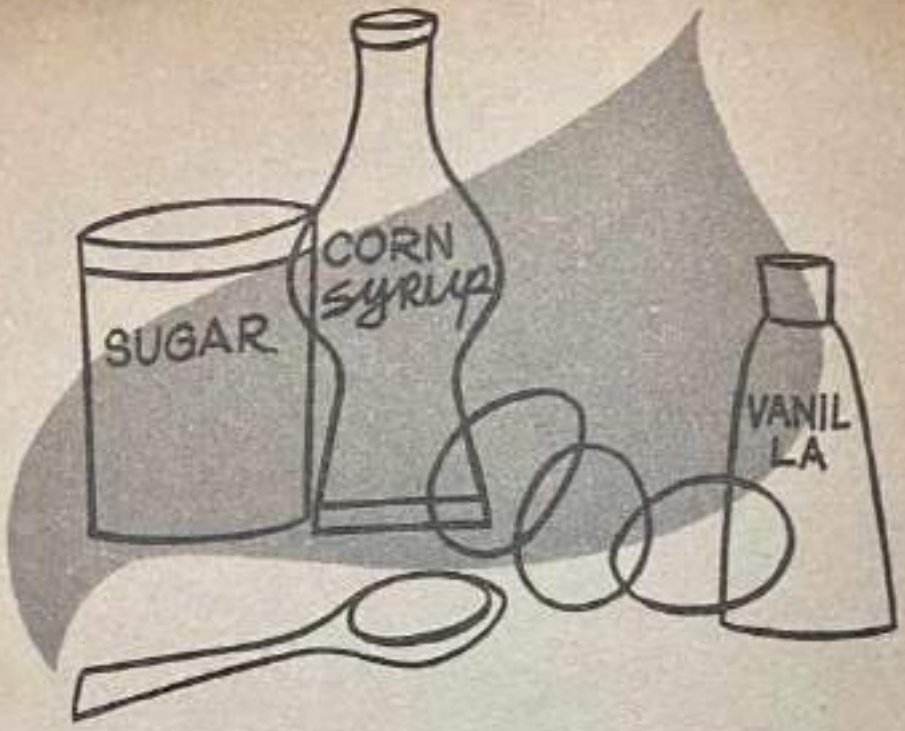
Mocha Praline

½ c. sugar
1 tbsp. butter
¼ c. chopped cashew or walnuts
¾ c. Mocha Icing

Caramelize sugar. Add butter and nuts. Cook 2 minutes more. Pour into a greased pan or board. Cool. Crush with a rolling pin. Blend into Mocha Icing.

* *Recipe of Sponge Cake, on page 154.*
** *Recipe of Butter Icing, on page 158.*





WHITE MOUNTAIN FROSTING

¼ c. sugar
3 tbsps. water
⅓ c. corn syrup or
¼ tsp. cream of tartar
3 egg whites
1 tbsp. vanilla

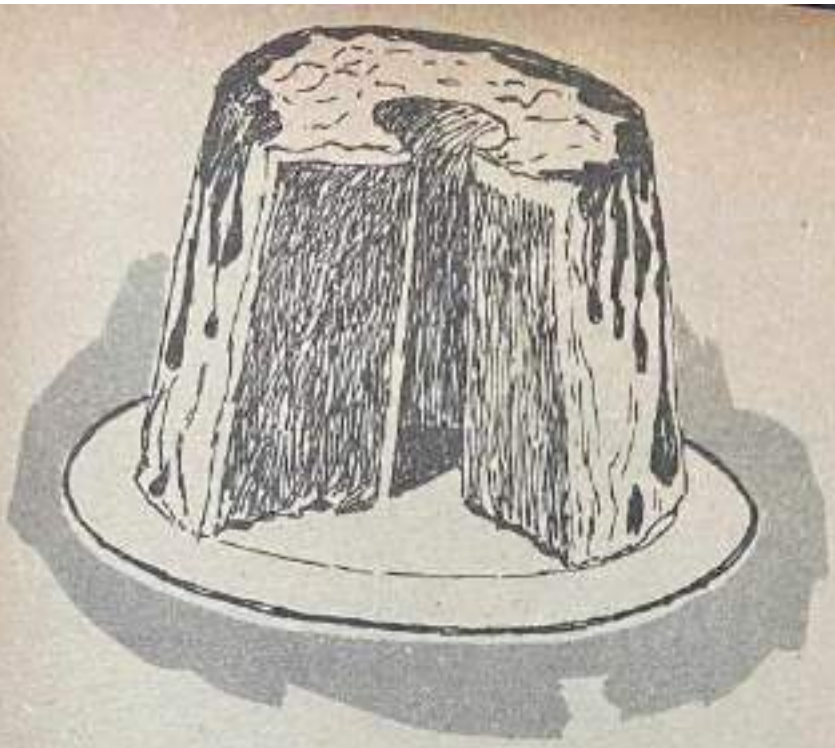
Mix sugar, water and corn syrup in a saucepan. Bring to a boil. Remove cover and cook until syrup spins a 6-8" thread. Just before syrup is ready, beat egg whites until stiff enough to hold to a point. Pour hot syrup gradually in a thin stream into the beaten egg whites Continue to beat until frosting holds peaks. Blend in vanilla. Makes 1½ c. frosting.

BUTTER ICING

¾ c. sugar
¾ c. evaporated milk
1 c. butter

Dissolve sugar in milk. Set aside. Cream butter until light and fluffy. Pour sugar-milk mixture in thin streams beating continuously until well blended.

NOTE: To shorten creaming time use 1 cup powdered sugar instead of granulated sugar.

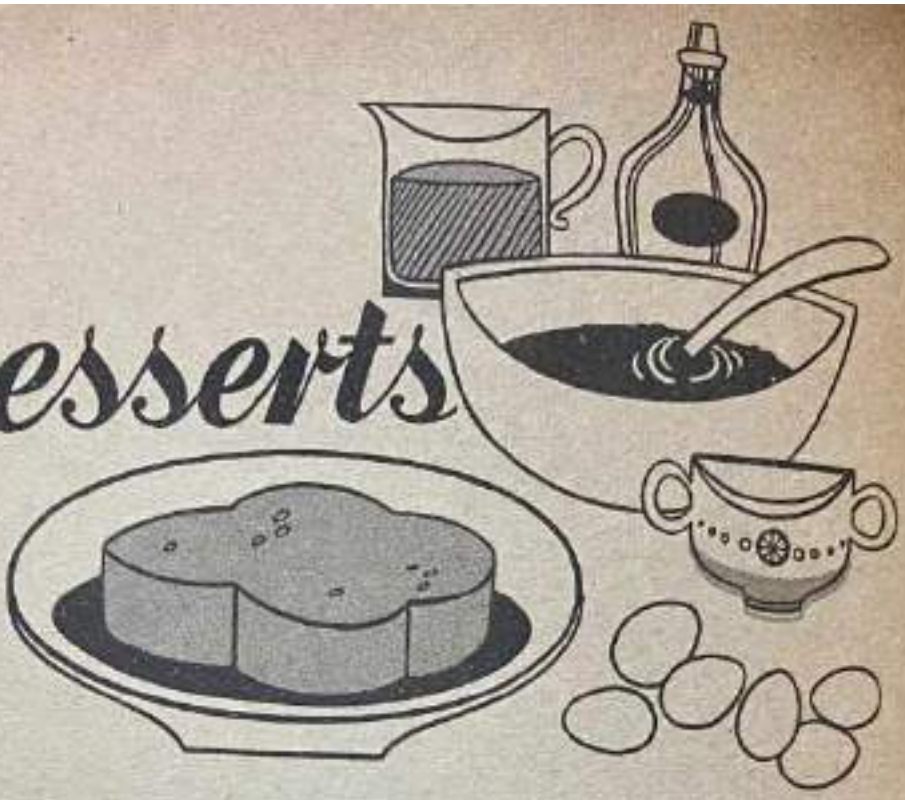


ORANGE CHIFFON CAKE

2½ c. cake flour
1 c. sugar
3 tsps. baking powder
1 tsp. salt
½ c. cooking oil
5 egg yolks
¾ c. orange juice
1 c. egg white
½ tsp. cream of tartar
½ c. sugar
1 tsp. orange rind

Sift flour, sugar, baking powder, salt into mixing bowl. Make a "well", then add in order: cooking oil, egg yolks, orange juice and orange rind. Beat with spoon until smooth. In a large bowl, beat egg whites and cream of tartar until they form very stiff peaks. Add ¼ cup sugar. Do not underbeat. (a dry rubber scraper drawn through whites leaves a clean path). Pour egg yolk mixture in a thin stream over egg whites, gently cutting and folding with rubber scraper. Fold gently, bringing scraper across bottom of bowl and continue folding until completely blended. Bake in a 10" tube pan at 325°F. for 55 minutes, then at 350°F. for 10 to 15 minutes or until surface springs back when lightly touched. Invert pan immediately on funnel. Let hang until cold. To remove, loosen with spatula. Turn pan over and hit edge sharply on table. Frost as desired.

VARIATIONS: ¾ cup of any fruit juice or any flavored liquid (pineapple juice or coffee) desired, may be substituted for the ¾ cup orange juice. Omit rind.



LECHE FLAN

2 c. LIBERTY MILK
8 egg yolks
1 tsp. lemon rind or vanilla
1 c. sugar
½ c. caramel syrup*

Scald the milk in double-boiler 15 minutes. Beat egg yolks. Add the sugar, milk and flavoring. Pour into 1 quart mold. Place this in large pan half-filled with water. Steam or bake for about 1 hour or until mixture becomes firm. Cool before removing from mold. (If desired, line mold with the caramel syrup before pouring in mixture for steaming or baking).

From the Liberty Milk Cookbook.

* *Recipe of Caramel Syrup, on page 165.*

PUTO

¼ c. shortening
3 tbsps. sugar
1 c. flour
1 tsp. baking powder
⅛ tsp. salt
6 tbsps. LIBERTY MILK
4 egg whites
2 tbsps. sugar

Cream shortening and add 3 tbsps. sugar. Sift dry ingredients together and add alternatively with 6 tbsps. milk (this is a little over ⅓ c. milk). Set aside. Beat egg whites until stiff. Add 2 tbsps. sugar (this helps keep the air in the beaten eggwhites). Fold the eggwhites and pour into muffin. Steam for about 20 minutes or until done. Serve hot or cold.

Note: A few anis seeds sprinkled on puto adds to flavor.

NENA ZAFRA'S CASSAVA BIBINGKA

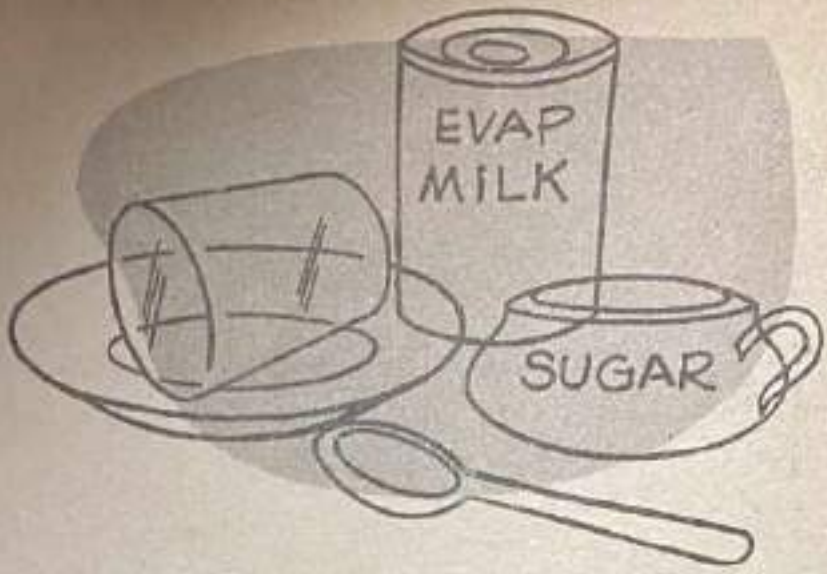
7 c. grated cassava
3 whole eggs
2½ c. sugar
1 tall can LIBERTY MILK
2 tall cans coconut milk (using the Liberty Milk can for measuring)
¼ c. melted margarine

Mix all the ingredients together. Blend well. Put in muffin pans and bake at 350°F. for 30 to 35 minutes or until done.

Topping:

1 can LIBERTY CONDENSADA
1 c. thick coconut milk
2 tbsps. sugar
2 tbsps. flour
2 egg yolks, slightly beaten

Put the first four ingredients in a saucepan and boil, stirring constantly. When thick, add the slightly beaten egg yolks. Cook for 2 minutes. Spread on top the cooked cassava and broil at 400°F for 10 minutes or until golden brown.



ALMOND JELLY WITH CHERRIES

1 bar white gulaman or agar
2 c. water
¼ c. LIBERTY MILK
½ c. sugar
½ tsp. almond flavor

Boil gulaman in water until dissolved. Add milk, sugar and almond flavor. Strain into molds and allow to set.

Syrup

½ c. sugar
¼ c. water
Ice cubes
¼ tsp. almond flavor

Combine ingredients for syrup. Chill. Cut gulaman into squares, transfer into serving bowl, add syrup. Garnish with maraschino cherries.

CORNELL FUDGE

⅓ c. cocoa
¾ c. evaporated milk
2 c. sugar
1 tsp. light corn syrup
3 tbsps. butter
1 tsp. vanilla
1 c. nuts (optional)

Melt chocolate in milk. Add sugar and corn syrup, cook slowly, stirring until sugar is dissolved. Cook gently to soft ball stage* stirring frequently. Remove from heat. Add butter and cool at room temperature to lukewarm without stirring. Add vanilla. Beat vigorously until fudge becomes very thick and loses its gloss. Quickly spread in greased pan. When firm cut in squares. One cup broken nuts may be added. Or fudge may be kneaded when hard, formed into rolls and sliced.

* *A soft ball should be formed when a tsp. of mixture is dropped into cup of cold water.*

BRAZO MERCEDES

Filling

1 c. LIBERTY CONDENSADA
1 tsp. vanilla
8 egg yolks
2 tbsps. butter

Combine eggyolks and sweetened condensed milk. Cook on top of a double boiler. Continue cooking until thick or of spreading consistency. Add the butter and vanilla. Blend well. Set aside.

Meringue

8 egg whites
1 tsp. cream of tartar
1 c. sugar
1 tsp. vanilla

Beat eggwhites and cream of tartar until it stands in peaks. Add the 1 cup of sugar gradually, beating continuously. Flavor with vanilla. Spread meringue onto a heavily oiled brown paper-lined cookie sheet or force meringue through a cake decorator or cookie tube. Bake at 400°F. until brown. Loosen paper lining. While hot, spread the above filling. Roll as for jelly roll.

HOLIDAY PUDDING

½ loaf bread
2 cans LIBERTY MILK
2 eggs, slightly beaten
½ c. raisins
½ c. glazed fruits
½ c. sugar
½ c. caramelized sugar for bottom of pan
¼ c. water

Dissolve sugar in milk. Remove all crust from bread and soak in milk very well. Coat bottom of a loaf pan with caramelized sugar. Pour in mixture for 20 minutes. Add eggs, raisins and glazed fruits. Blend pudding mixture. Bake in a pan of water in a 350°F. oven, until knife comes out clean. About 40 minutes. Cool. Invert on platter. Serve.

* *Recipe of Caramel Syrup, on page 165.*

From the Liberty Milk Cookbook

MARUYA

1 c. sifted all-purpose flour
1 tsp. baking powder
1 tsp. salt
2 eggs
½ c. milk
1 tsp. melted fat or vegetable lard
Saba bananas, sliced lengthwise

Sift dry ingredients into a bowl. Set aside. Mix eggs, milk and oil. Add to dry ingredients. Beat until smooth. Dip saba in batter and deep-fat fry. Drain on absorbent paper. Roll in sugar.

Variation: Sweet camote (sliced thinly) may be used instead of saba bananas.

MERINGUE TORTE

6 egg whites
1 tsp. vanilla
½ tsp. vinegar
1½ c. sugar

Line the bottom of 2 8" round pans with brown or wax paper. Beat egg whites until they form soft peaks. Blend in vanilla and vinegar. Gradually add sugar beating well till very stiff. Spread meringue in prepared pans and spread evenly to edges. Bake in slow oven (300°F.) 1½ hours or until dry on top and lightly brown. Cool thoroughly in pans. Turn out and peel paper. Prepare Mocha Filling.

Mocha Filling

2 sq. chocolate, melted
1 tbsp. instant coffee, dissolve in
¼ c. water
2 eggs
1 c. butter
2 c. sugar
½ c. cashew nuts or walnuts, chopped

Combine chocolate, coffee infusion and eggs. Cool. Cream butter until light. Gradually add sugar and chocolate-egg mixture, beating well after each addition. Fill layers. Frost top and sides. Sprinkle nuts Chill overnight.

CANONIGO

8 egg whites
½ c. sugar
1 tsp. baking powder
1 c. caramelized sugar*
2 tbsps. butter

Line 2 loaf pans or desired mold, with caramelized sugar. Rub with butter. Set aside. Beat eggwhites until soft peaks form. Gradually add sugar and baking powder, beating continuously until eggwhites are very stiff. Pour meringue in prepared molds, place in pans half-filled with water and bake at 350°F. for 30 minutes or until brown. Cool and unmold in a platter. Prepare the sauce.

Sauce

½ c. sugar
8 egg yolks
1 c. milk
¼ c. rhum
1 tsp. vanilla

Combine first 3 ingredients together. Cook over double boiler until thick. Remove from fire and add vanilla and rhum. Cool. Spoon over canonigo or serve separate.

Caramelized Sugar*

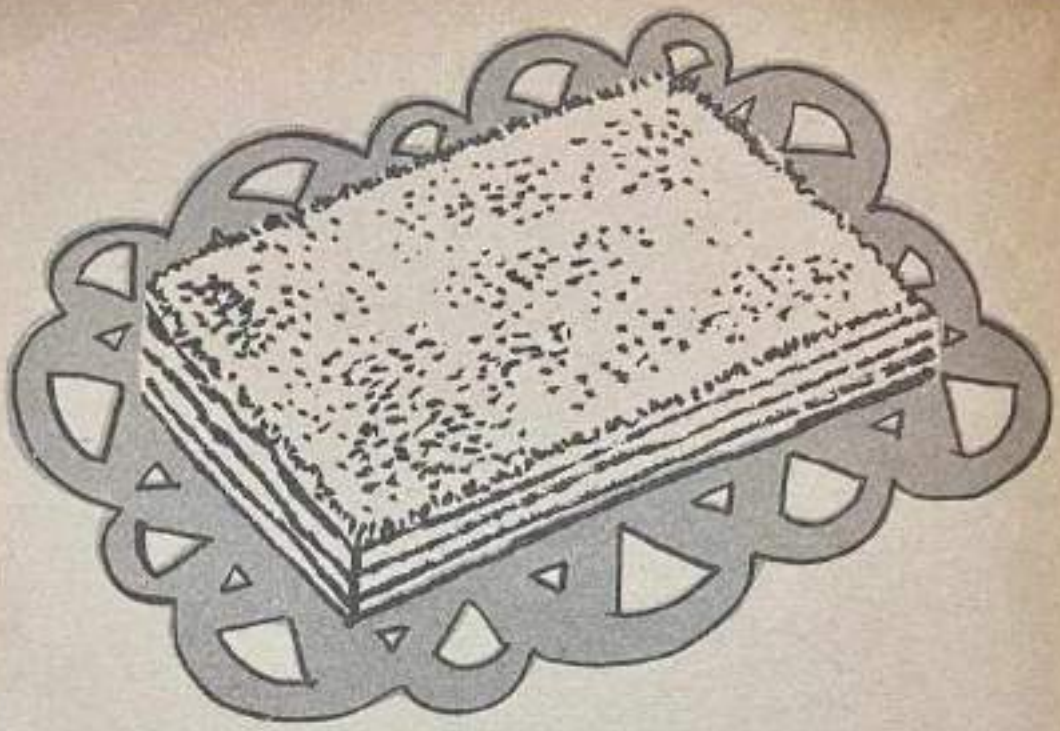
1 c. sugar
½ c. hot water

Melt sugar in heavy metal container. As soon as sugar is golden brown, add ½ cup hot water to dissolve caramelized sugar and form syrup. May be stored in covered bottle.

UBE JAM

2 c. ube, or yams, boiled, mashed
1 c. sugar
2 c. milk

Combine milk, ube and sugar. Cook over a low flame until thick. Keep on stirring to prevent scorching.



SANS RIVAL

6 egg whites
¾ c. sugar
1½ c. cashew nuts, chopped finely
1 tsp. vanilla

Grease and flour heavily 3 inverted 18" x 15" cookie sheets. Set aside. Beat egg whites until soft peaks are formed. Gradually add the sugar, beating well after each addition. Continue beating until egg whites are very stiff. Fold in cashew nuts and vanilla. Spread thinly in prepared pans. Bake at 300°F. for 20 minutes or until golden brown. Cut wafers in the center if desired. Loosen and slide wafers to a flat surface. Cool. (Work while wafers are hot because they are hard to loosen as they are crisp when cool.) Prepare filling.

Filling

1 c. sugar
⅓ c. water
6 egg yolks
½ lb. butter
2 tbsps. rum

Boil sugar and water until it spins a thread. Meanwhile, beat egg yolks until thick. Pour syrup to eggyolks in thin streams while beating. Cool. Cream butter. Blend in egg yolk mixture and rum. Fill and cover wafers with filling. Sprinkle top with chopped cashew nuts. Serve chilled.

TOCINO DEL CIELO

½ k. sugar
2 c. water
6 egg yolks
1 whole egg

Boil water and sugar in a saucepan, until syrupy. Use ¼ cup syrup to line molds. Set remaining syrup aside. Beat egg yolks and whole egg until blended. Stir in the rest of the syrup. Strain mixture. Spoon in mold. Cook tocinos in bain marie for 10 minutes. Bake for 10 minutes or until set. Cool, unmold on small paper cups.

SUSPIROS DE PILI

¾ c. LIBERTY CONDENSADA
1 c. chopped pili
2 egg yolks
1 tbsp. butter
¼ c. white sugar
1 tbsp. water
1 egg white
Margarine for greasing
Paper cups

Combine sweetened condensed milk, pili and eggyolks in a skillet, and cook stirring constantly over low heat. When thick, add the butter and blend well. Grease paper cups with margarine and fill with the pili mixture. Set aside. Combine sugar and water in a saucepan. Cook until syrup forms a soft ball when dropped in cold water. Beat egg whites and when stiff, add the syrup little by little, beating constantly. Top each filled cup with meringue. Bake in a moderate oven (350°F.) 15 minutes or until meringue is slightly browned.
1 cup grated macapuno may be used instead of pili nuts.

From the Liberty Milk Cookbook.

GINATAAN

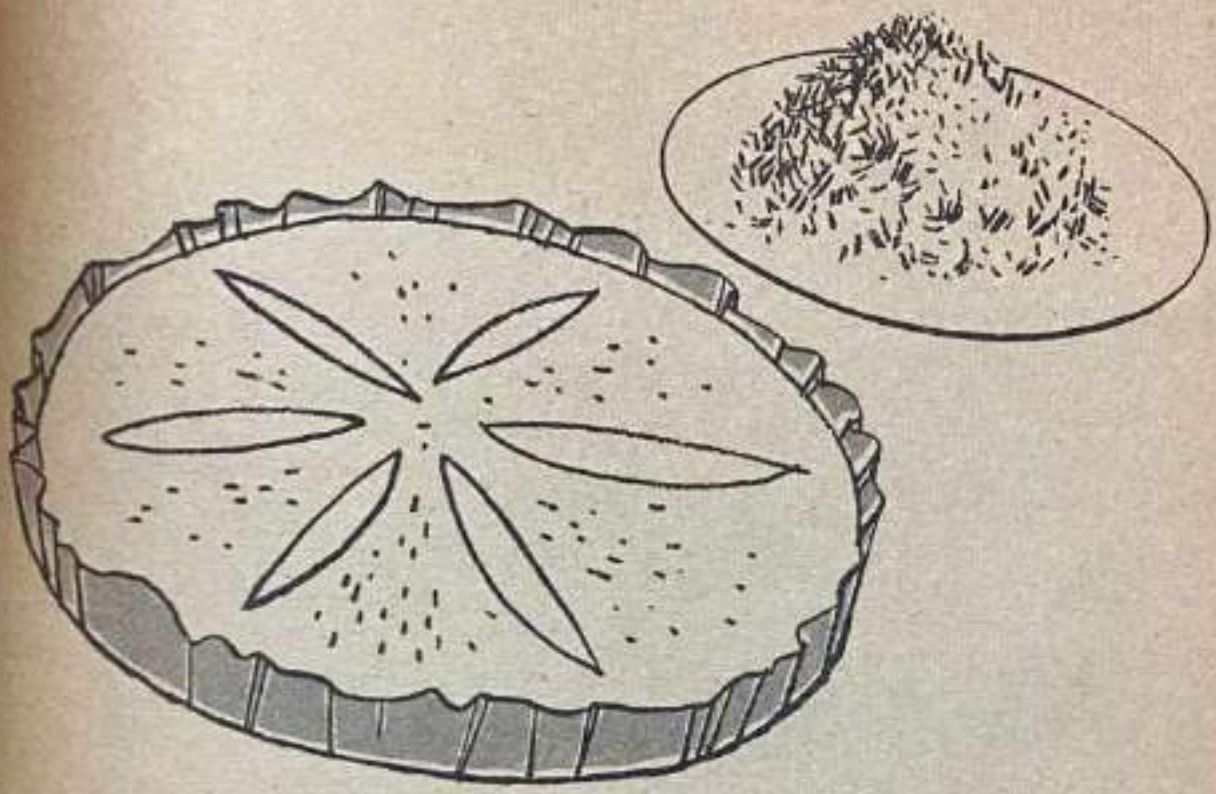
1 coconut, grated
1 tbsp. sago or tapioca
½ k. gabi, diced
½ k. ubi, diced
½ k. camote, diced
4 saba bananas, sliced crosswise
6 sections nangka or bread fruit, in strips
1 c. sugar

Add ½ cup warm water to coconut. Put in a cheesecloth, wring to get 1 cup thick coconut milk. Strain and set aside. Repeat using 2 cups warm water. Strain and boil. Add tapioca, gabi and ubi. Cook until half done. Drop camote, bananas and nangka. Blend in sugar. Pour thick coconut milk before removing. Cook until done. Stir occasionally.

MAJA BLANCA

2 coconuts, grated
2 c. warm water
½ c. cornstarch
½ c. sugar
½ c. water

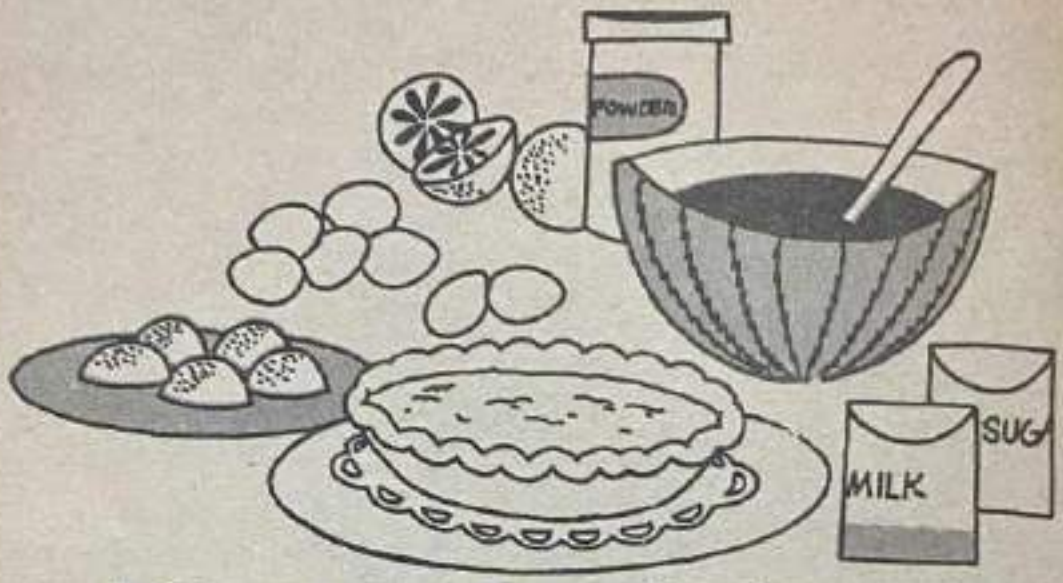
Place grated coconuts in a cheese cloth. Wring to get 1 cup thick coconut milk. Strain and set aside. Repeat using 2 cups warm water. Strain and set aside. Boil thick coconut milk until oil comes out and "latik" is brown but not burnt. Set aside. Blend cornstarch and sugar thoroughly in a bowl. Add the water. Set aside. Boil thin coconut milk, stirring constantly. Add sugar-cornstarch mixture and stir to prevent lumps. Cook to boiling, stir for 3 minutes or until a cooked flavor is obtained. Grease a 13" rectangular pan with coconut oil. Spoon maja, allow to set. Slice in squares or diamond shapes. Arrange in a platter or saucers. Serve with latik.



ROYAL BIBINGKA

3 eggs
¾ c. granulated sugar
2 c. all-purpose flour
4 tsps. baking powder
1¼ c. coconut milk
½ c. grated cheese
Banana leaves, wilted

Beat eggs until light and creamy. Add sugar gradually beating well after each addition. Sift flour and baking powder together. Beat dry ingredients alternately with coconut milk. Pour batter into 2 9" layer cake pans that have been greased and lined with wilted banana leaves. Bake at 350°F. 10 minutes. Take out pans and sprinkle with cheese. Bake 20 minutes more. Brush twice with margarine while baking. When done, brush again with margarine and sprinkle with sugar. Serve with freshly grated coconut.



Pies 'n' Pastries

APPLE PIE

Crust:

Prepare pastry for 2-crust pie.* Prepare the filling.

Filling

¼ c. brown sugar, packed
¼ c. granulated sugar
2 tbsps. all-purpose flour
¼ tsp. salt
¾ tsp. cinnamon
¼ tsp. nutmeg
2 tbsps. butter or margarine
1½ c. sliced canned apples or 8 - 10 green tart apples, sliced

Combine first 7 ingredients together. Blend well. Coat apples gently with sugar-spice mixture. Spoon into pie crust. Cover with crust. Bake at 425° F. about 40-45 minutes or until apples are cooked and pie crust is golden brown.

* *Recipe of pastry for 2-crust pie, on page 183.*

ENSAIMADA ESPECIAL

First Beating:

2 tsps. yeast
½ tsp. sugar
¾ c. lukewarm water
1 c. bread flour
½ c. lukewarm LIBERTY MILK

Measure into bowl ¾ c. lukewarm water. Sprinkle yeast over water. Stir until dissolved. Stir in lukewarm milk, sugar and flour. Mix with wooden spoon until smooth. Cover the bowl with a clean towel (if preferred use a large pan or plate). Set the bowl into a pan of warm water until the mixture doubles in size (about 20 to 25 minutes).

Second Beating:

5 egg yolks (plus 1 egg white), beaten
2 c. bread flour
¼ c. sugar

Mix the beaten yolks, sugar and flour. Beat well. Add to the above mixture. Knead and shape into a ball. Cover and let rise again in a pan of warm water until double in bulk (30 to 40 minutes).

Third Beating:

5 egg yolks (plus 1 egg white), beaten
¾ c. creamed butter
2 c. bread flour
½ c. sugar
2 c. grated queso de bola

When above dough is double in volume, add beaten egg yolks and white sugar, flour and creamed butter. Mix. Place in a greased board. Knead until satiny and smooth (about 10 minutes). Shape into smooth ball. Place ball of dough into greased bowl. Cover and let rise until double in size (40 to 60 minutes). Punch down. Divide the dough into separate pieces. Roll each piece thinly on a greased board. Spread butter and sprinkle grated cheese on rolled out dough. Starting from one end, twist to form a cone. Grease molds and put in the twisted dough. Cover and let rise in a pan of warm water until dough has doubled (about 40 to 60 minutes. Remove from baking molds and let cool for 5 minutes. Top with creamed butter, sugar, and grated cheese (if preferred sprinkle with more sugar).

APPLE STREUSEL PIE

Crust

Prepare pastry for 1-crust 9" pie.* Set aside. Prepare filling.

Filling:

- 2½ c. fresh apples or 1 can apples, sliced
- ½ c. sugar
- ¼ c. brown sugar (firmly packed)
- ½ tsp. salt
- ¼ tsp. nutmeg
- ¾ tsp. cinnamon
- 2 tbsps. flour

Mix together all dry ingredients. Toss lightly over every layer of apples. Arrange into unbaked pie shell. Set aside. Prepare topping.

Topping

- ½ c. sifted flour
- ⅓ c. granulated sugar
- 2 tbsps. butter
- 1 c. coarsely grated cheddar cheese
- 2 tbsps. milk

Combine flour and sugar. Cut in butter and cheese. Moisten with milk. Spread to cover pie. Bake at 350°F. 30-40 minutes or until brown.

BUCO PIE

Crust

Follow recipe for 2-8" crust pie.** Prepare filling.

Filling

- 2 c. young coconut meat (buco), in slivers
- ¾ c. sugar
- ½ c. coconut water
- ½ c. evaporated milk
- ⅓ c. cornstarch

Blend ingredients together. Cook stirring continuously until thick. Pour in pastry lined pan. Top with second crust. Bake at 400°F. until brown. Serve cold.

* *Recipe of pastry for 1-crust pie, on page 186.*
** *Recipe of pastry for 2-crust pie, on page 183.*

SILVANAS

½ c. egg whites
1 c. granulated sugar
*Butter Icing
¼ c. all purpose flour
½ c. cashew nuts, pounded until powdered and then sifted
1 c. cake crumb

Beat the egg whites until stiff. Add the sugar gradually. Fold in the flour and the cashew nuts. On a greased and floured cookie sheet, press the mixture through brown paper cone in shape of an oval. Bake in a pre-heated oven 200° F. for 15 minutes or until lightly brown. Let cool. Spread icing* on one cookie and cover with another. Spread a little icing on all sides and roll in cake crumbs.

BROWNIES

1½ c. butter or margarine
2 c. sugar
5 eggs
2½ c. all purpose flour
¾ c. cocoa
1 tsp. vanilla
1 tsp. salt
1½ c. chopped cashew nuts or walnuts

Cream butter and add sugar. Cream thoroughly. Add the eggs one at a time. Combine the dry ingredients. Add to the butter mixture and beat until blended. Stir in chopped nuts. Pour into a greased square or rectangular pan (a 13" x 16" serving tray may be used). Bake for 25 minutes at 350° F. or until done. Cut in diamond shapes and serve.

BANANA CREAM PIE

Prepare pastry for an 8" pie.* Prick pastry all over with fork and bake at 400°F. until golden brown. Set aside. Prepare filling.

Banana Cream Filling

¼ c. sugar
3 tbsps. cornstarch
1½ c. milk, scalded
2 egg yolks, slightly beaten
1 tbsp. butter
½ tsp. vanilla
2 ripe bananas (lacatan)**

Combine sugar and cornstarch. Gradually stir in milk. Cook over double boiler stirring constantly until mixture thickens. Remove from heat. Gradually stir half of the mixture into the egg yolks. Pour back in saucepan and blend. Cook until mixture coats spoon. Blend in butter and vanilla. Cool. Prepare meringue.*** Arrange layers of sliced bananas on pie shell and cover with cream filling. Pile meringue and bake at 400°F. 8-10 minutes or until brown. Chill and serve.

* *Recipe of pastry for 1-crust pie, on page 186.*
** *4 ripe firm mangoes may be substituted for bananas.*
*** *Recipe of meringue, on page 178.*

CUSTARD SNOW PIE

Crust

Make pastry for 1-crust 8" pie.* Prick all over with a fork and bake at 400°F. for 45 minutes or until brown. Prepare custard.

Custard

¼ cup all-purpose flour
½ tsp. salt
¾ c. sugar
1 egg
3 egg yolks
1½ c. milk
1 tsp. vanilla

Sift flour, salt and sugar together. Break in egg and egg yolks, blend. Stir in milk, beat until smooth. Cook over double boiler until thick. Add vanilla. Cool and pour on baked pastry shell. Set aside. Prepare meringue.** Swirl or pull up points for decorative top. Bake at 400°F. for 8-10 minutes. Cool gradually in a place where there is no draft.

* *Recipe of pastry for 1-crust pie, on page 186.*
** *Recipe of meringue, on page 178.*

AU BON VIVANT ORANGE TART

Creme Patissiere:

1½ c. LIBERTY MILK
1 c. water
5 pcs. eggs, whole
¼ c. sugar
¼ c. flour
½ tsp. vanilla
2-3 tbsps. Cointreau

Scald milk and water. Mix flour, sugar and eggs together. Pour in scalded milk and blend thoroughly. Cook to make medium thick cream. Cool and add Cointreau and set aside.

Crust:

2 c. all purpose flour
1 egg, whole
½ c. sugar
⅓ c. butter or margarine

Mix all the ingredients for the crust together. Knead and form into a ball. Roll out and place into an 8" pie plate. Bake crust. Cool. Pour cream on pie crust about ¾" thick.

Topping:

6-7 Fresh oranges, sliced across, thinly.
½ c. sugar

Arrange orange slices in circular form. Sprinkle with sugar. Bake for 10 to 15 minutes or until done. Brush top with syrup.

BUTTERSCOTCH PIE

Make pastry for 1-crust pie.* Prick all over with a fork and bake at 400°F. until golden brown. Prepare filling.

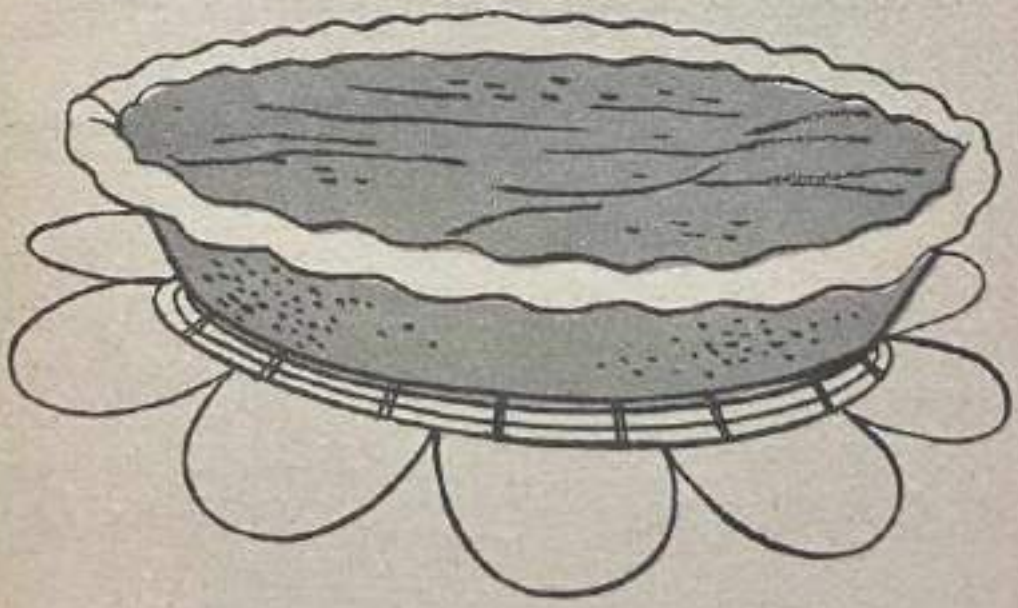
Filling

¼ c. brown sugar
¼ c. water
⅓ c. brown sugar
¼ c. butter
¼ c. all-purpose flour
1½ c. LIBERTY MILK
3 egg yolks, beaten
Meringue**

Caramelize the brown sugar. Pour water all at once, boil until caramelized sugar is melted. Set aside. Combine sugar and flour. Blend caramelized sugar and milk. Cook over double boiler stirring continuously until thick. Remove from fire. Stir ¼ of hot mixture into egg-yolks. Pour back to pan and continue cooking until mixture coats the spoon. Blend in butter and pour into baked pie shell. Set aside. Prepare meringue for an 8" pie crust. Spread meringue evenly over cooled pie filling and brown at 350°F. for 15-20 minutes.

* *Recipe of pastry for 1-crust pie, on page 186.*

** *Recipe for meringue, page 178.*



LENGUAS DE GATO

½ c. butter
½ c. sugar
3 egg whites
1 c. flour
Pinch of salt
¼ tsp. vanilla

Preheat oven to 400°F. Grease and flour baking sheets. Cream butter and sugar together. Beat in unbeaten egg whites, a little at a time, beating well after each addition. Lastly, fold in flour, salt and vanilla. Fill pastry bag or cookie press using the smallest plain tips. Press out thin strips of batter about 2" long. Leave 2" space between cookies for spreading. Bake about 7 minutes or until edges of cookies are golden brown (center should remain light). Remove cookies from baking sheet at once. If allowed to cool cookies will stick to pan. Allow to cool and serve or store. To maintain crispness, store in dry sealed container.

SCOTCH SHORTBREAD

½ c. powdered sugar
1 c. butter
1 tsp. vanilla
2 c. flour
¼ tsp. salt
¼ tsp. baking powder

Sift powdered sugar. Cream butter. Add the sugar gradually until blended. Add 1 tsp. vanilla. Combine, then work in 2 cups flour, salt and baking powder with the hands. Roll out dough to thickness of ⅓-inch; or roll it between pieces of waxed paper. Cut into squares. Bake in a greased pan at 375°F. for about 20 minutes.

SPRITZ COOKIES

1 c. soft butter or margarine
⅔ c. sugar
3 egg yolks
1 tsp. vanilla
1½ c. all purpose flour

Mix thoroughly soft butter, sugar, egg yolks and vanilla. Work in flour with hands. Force the dough through cooky press onto ungreased baking sheet in letter S, rosettes, fluted bars or other desired shapes. Bake until set, but not brown. (About 7 to 10 minutes at 400°F.).

GRAHAM CRACKER CHOCOLATE PIE

Crust

1 8 inch pie plate
¼ c. butter, melted
1 c. graham cracker crumbs
¼ c. sugar

Combine crumbs, sugar and melted butter together. Press to fit pie plate snugly. Bake at 350°F. 20 minutes. Prepare Filling.

Filling

¾-1 c. sugar
⅓ c. flour
⅓ c. cocoa
⅛ tsp. salt
2 c. LIBERTY MILK
2 egg yolks
1 tsp. vanilla

Combine sugar, flour, cocoa and salt in a saucepan. Stir in milk. Cook over double boiler until mixture thickens, stirring constantly. Remove from heat. Add ½ cup hot mixture to egg yolks, pour back in saucepan and blend. Cook 5 minutes longer. Cool and add vanilla. Pour into baked crust. Set aside. Prepare Meringue. Bake in 350°F. oven till meringue is golden brown.

PIE MERINGUE

For 9" Pie

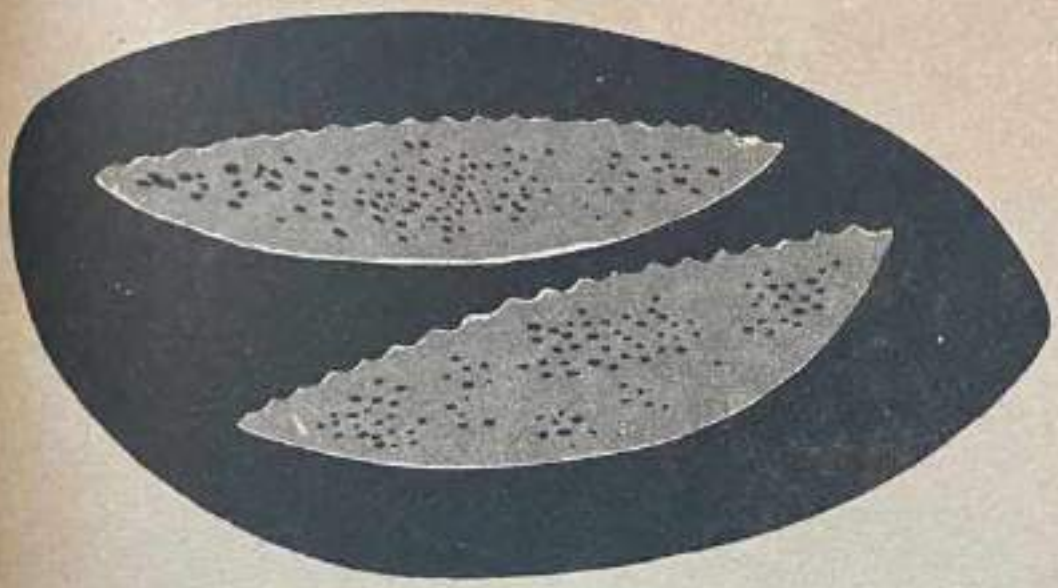
3 egg whites
¼ tsp. cream of tartar
⅓ c. sugar
½ tsp. flavoring (if desired)

For 8" Pie

2 egg whites
¼ tsp. cream of tartar*
¼ c. sugar
¼ tsp. flavoring (if desired)

Beat egg whites with cream of tartar until frothy. Gradually beat in sugar, a little at a time. Continue beating until stiff and glossy. Beat in flavoring. Pile meringue onto pie filling, being careful to seal the meringue onto edge of crust to prevent shrinking and weeping. Swirl or pull up points for decorative top. To cut meringue pie neatly, dip sharp knife into water, either warm or cold, shake off any excess drops, cut. Repeat.

* *1 tsp. lemon juice may be substituted for cream of tartar in meringue.*



BOAT TARTS

2 c. all-purpose flour
1 tsp. salt
2 tbsps. sugar
2 egg yolks
½ c. margarine or butter
2 tbsps. water
1 boat tart cutter
24 boat tart molds

Sift flour, salt and sugar into a bowl. Add the margarine and cut with a pastry blender until margarine is broken into fine particles. Sprinkle water, stir and gather mixture to form a dough. Chill. Roll out about ¼" thick. Cut with cutter and fit into boat tart shells. Fill with Cashew Nut Filling. Bake at 350°F. for 10 minutes or until brown.

Cashew Nut Filling

2 egg yolks
¾ c. sugar
¾ c. cashew nuts, chopped
⅓ c. margarine, melted
2 tbsps. evaporated milk
1 egg white

Beat egg yolks until lemon colored. Add sugar, cashew nuts, margarine and milk. Set aside. Beat egg white. Fold into cashew nuts mixture.

CARAMEL TARTS

Crust:

2 c. all purpose flour
1 tsp. salt
2 tbsps. sugar
1 c. butter or margarine
2 egg yolks
About 2 tbsps. water

Sift into a bowl the flour, salt and sugar. Add egg yolks and butter. Mix by hand until the butter is broken into fine particles. Add just enough water to hold mixture together. Chill thoroughly and roll out about ¼ inch thick. Shape and fit into boat containers. Bake in hot oven for about 15 minutes. Fill with caramel and top with merengue.

Filling:

1¼ c. brown sugar
⅓ c. water
½ c. butter or margarine
3 egg yolks
¾ c. LIBERTY MILK

Caramelize brown sugar. Add the flour, butter and Liberty Milk. Cook over slow fire until thick. Add the beaten egg yolks off the fire. Cook for 5 minutes over a slow fire. Cool and fill tart shells. Top with meringue and bake in a slow oven until firm.

Meringue:

3 egg whites
¼ tsp. cream of tartar
A pinch of salt
6 tbsps. sugar

Beat the egg whites until stiff but not dry with a pinch of salt and cream of tartar. Gradually add the sugar, beating constantly. Top the tarts with the meringue using a cake decorator to make them attractive.

PINIPIG COOKIES

1 c. butter or margarine
1½ c. sugar
3 to 4 pcs. eggs, beaten
½ tsp. dayap or lemon
2¼ c. all purpose flour
2 tsps. baking powder
½ tsp. salt
3 c. pinipig, puffed*

Preheat oven to 350°F. Grease the cookie sheets. Cream shortening (butter or margarine) and sugar. Add beaten eggs, one at a time. Add flavoring. Combine flour, baking powder and salt. Add the dry ingredients to the creamed mixture and mix thoroughly. Lastly fold in puffed pinipig. Drop by teaspoonfuls onto the cookie sheets. Flatten with back of the tines of the fork. Bake in a moderate over for 15 minutes. Cool on wire rack.

* *Deep fat fry pinipig to puff.*

PILI-NUT PIE

Crust

Prepare pastry for one-crust 8" pie. Prepare filling.

Filling

2 tbsps. flour
¼ c. sugar
1 tsp. salt
½ c. corn syrup
¼ c. melted butter
2 eggs
½ c. LIBERTY MILK
1 c. pili nuts, broken
¾ tsp. vanilla

Combine flour, sugar and salt. Mix in syrup and melted butter. Beat in eggs with a fork and blend very well. Add milk, pili nuts and vanilla. Pour into an 8" pastry-lined pie pan. Bake at 375°F. for 50 minutes. Cool before serving.

From the Liberty Milk Cookbook.

LEMON CHEESE PIE

Crust

1¼ c. graham crackers **2 tbsps. sugar** **¼ c. butter, melted**

Crush graham crackers then sift. Measure into a bowl, add the sugar and blend well. Stir in melted butter. Press mixture firmly and evenly against bottom and sides of pie pan. Set aside. Prepare filling.

Filling

2-8 oz. cream cheese
2 tbsps. butter
¾ c. sugar
1 egg
2 tbsps. flour
⅓ c. milk
¼ c. lemon juice
grated rind of 1 lemon

Cream cheese and butter. Blend in flour and sugar and egg. Stir in milk. Stir in lemon juice and rind. Pour into prepared pie shell. Sprinkle top with cracker crumbs. Bake at 350°F. for 25 minutes. Serve chilled.

• *Recipe of pastry for 1-crust pie, on page 186.*

MARSHMALLOW PIE

Prepare Stir-N-Roll Pastry for an 8" pie.* Prick all over with a fork and bake at 400°F. until brown. Set aside. Prepare filling.

Filling

24 large marshmallows
¼-⅓ c. fresh lemon juice
Grated rind of 1 lemon
5-6 drops yellow food coloring if desired
1½ c. whipping cream, stiffly beaten
Marshmallow for garnishing

In saucepan heat marshmallow, lemon juice, rind and water, stirring constantly until marshmallows are melted. Add food coloring. Chill until mixture mounds slightly when dropped from a spoon. Fold in whipped cream. Pile in baked pie shell. Chill until set 2-3 hours. Garnish with marshmallow and broil until brown. Serve cold.

ORANGE MERINGUE PIE

Pie Shell

Follow recipe for 1-8" crust pie.** Prick all over with fork, bake at 400°F. for 45 minutes or until brown. Set aside. Prepare filling.

Orange Meringue Filling

3 tbsps. all-purpose flour
3 egg yolks
2 tbsps. lemon juice
¾ c. orange juice
½ tsp. grated orange rind
2 tbsps. water
⅓ c. sugar
3 egg whites
⅛ tsp. salt

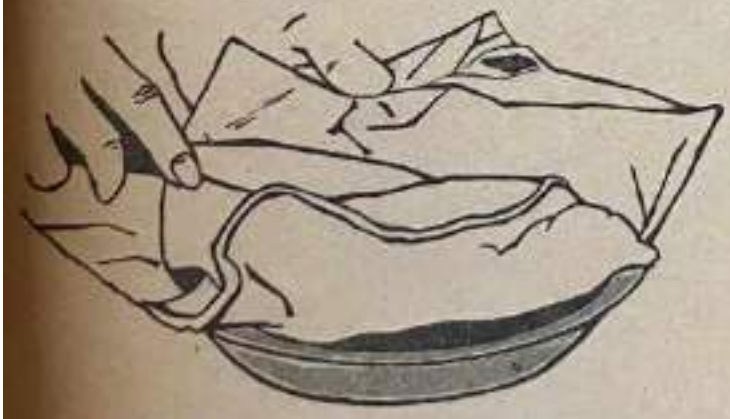
Combine first 7 ingredients together. Blend and cook over double boiler until thick. Cool. Whip egg whites and salt until stiff but not dry. Fold into orange custard. Heap unto baked pie shell. Broil until brown.

* *Recipe of Stir-N-Roll Pastry, on page 186.*
** *Recipe of pastry for 1-crust pie, on page 186.*

STANDARD PASTRY FOR TWO-CRUST PIE

2 c. sifted all-purpose flour
1 tsp. salt
⅓ c. vegetable shortening
⅓ c. margarine
3 tbsps. water

Measure flour into mixing bowl and mix salt through it. With pastry blender, cut in shortening until shortening particles are the size of peas. Sprinkle with water, a tbsp. at a time, mixing lightly with a fork until all the flour is moistened. Gather dough together with fingers until it cleans the bowl. Press firmly into a ball. Divide dough into 2 balls. Roll out larger dough between 2 strips of wax paper. Peel off top paper, place crust in pan, paper side up. Peel paper, fit pastry loosely into pan. Trim, leaving ½" over hanging edge. Set aside. Prepare filling. Pour into pastry-lined pan. Roll out remaining dough until large enough to extend 1" beyond edge of pie pan. Make several slits near center to allow steam to escape during baking. Carefully place pastry evenly on top of filling. Fold extra edge of top pastry under edge of lower pastry. Seal thoroughly by pressing together with fingers on edge of pie pan. Flute all around. Bake pie as directed in each recipe.



FRUIT TARTS

2¼ c. sifted all-purpose flour
¼ tsp. salt
½ c. shortening
¼ c. margarine
1 egg yolk, slightly beaten
5-6 tbsps. cold water
1 c. fruit cocktail, drained

Sift flour, and salt in a bowl. Cut in shortening and margarine with pastry blender or with two knives until particles are the size of giant peas. Moisten with egg yolk, sprinkle cold water a tbsp. at a time, until particles stick together when pressed gently. Gather dough into a ball. Cut into rounds 2½ in diameter. Fit into molds and prick. Make 8-10 tart shells. Chill ½ hour. Bake at 450°F. 10-15 minutes until golden brown. Cool. Fill baked shells half full with cream filling,* cover with fruits. Top with whipped cream or meringue. For tarts with meringue topping:** return to oven and bake at 350°F. for 15 minutes or until brown.

* *Recipe of cream filling, on page 185.*
** *Recipe of meringue, on page 178.*

CREAM PUFFS

1 c. water
½ c. butter or margarine
1 c. all-purpose flour
4 eggs

Pre heat oven to 400° F. Heat water and butter to a rolling boil in saucepan. Add flour all at once and stir vigorously over low heat until mixture forms a ball. (about 1 min.) Remove from heat. Beat in eggs thoroughly, 1 at a time. Drop from a spoon onto ungreased baking sheet into mounds 3" apart. Bake 45-50 minutes or until puffed, golden brown and dry. Split cream puffs. Fill with cream filling. Dust with confectioners' sugar or dribble with caramelized sugar.

Cream Filling

½ c. sugar
⅓ c. all-purpose flour
½ tsp. salt
2 c. milk
2 eggs, beaten
1 tsp. vanilla

Mix sugar, flour and salt in saucepan. Blend in milk. Cook over medium heat, stirring until it boils. Boil 10 minutes. Remove from fire. Stir half of cream mixture into egg yolks. Pour back in saucepan and blend. Bring just to boil. Lower heat and cook stirring 10 minutes more or until mixture coats spoon. Cool, add vanilla and fill puffs.

EMPANADITAS

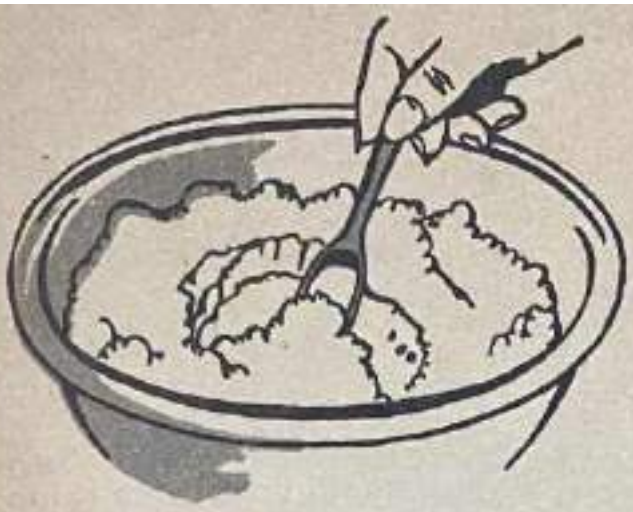
½ c. milk
½ tsp. calamansi or lemon juice or vinegar
1 egg yolk
½ c. butter or margarine
2 c. all-purpose flour, sifted
Pinch of salt.

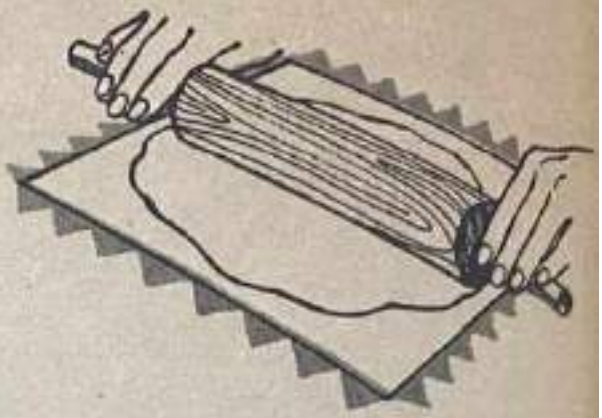
Combine milk and acid. Let stand until milk is curdled. Cream margarine and egg yolk until light and fluffy. Sift flour and salt together. Stir alternately flour mixture and sour cream. Gather into a ball. Wrap in wax paper and chill for at least 1 hour. On a lightly floured board, roll out dough ⅛" thick and cut into 3" rounds. Put a teaspoon of filling on one half side of dough and fold in half moon shape. Dent edges with a fork. Bake empanaditas on a greased baking sheet at 350° F. 15-20 minutes or until brown.

Filling

1 c. chopped pili nuts
¼ c. honey
¼ c. sugar
2 tbsps. butter

Combine all ingredients in a saucepan and cook mixture until honey and sugar dissolve.





STANDARD PASTRY FOR ONE-CRUST PIE

1¼ c. all-purpose flour
½ tsp. salt
⅓ c. fat
2 tbsps. margarine
2 tbsps. water

Sift flour and salt together into a bowl. Blend fat and margarine. Cut in with pastry blender until well blended. Sprinkle water over mixture and form into a ball, press firmly. Roll out dough between 2 pieces of wax paper. Peel off top paper. Place crust in pan, paper side-up. Peel paper, fit pastry loosely into pan. Trim, leaving ½" overhanging edge. Fold under and flute sides. Prick crust with fork. Set pie crust aside. Prepare filling.

STIR-N-ROLL PASTRY

1⅓ c. all-purpose flour, sifted
1 tsp. salt
⅓ c. cooking or salad oil
3 tbsps. cold milk

Mix flour and salt in a bowl. Pour into measuring cup the cooking oil and milk, but do not stir. Pour oil-milk mixture all at once into flour. Stir with fork, until mixed. Dough should look moist, but not sticky. Press into a smooth ball. Roll out gently to edges of wax paper. Dampen table top to prevent from slipping. Peel off top paper. Lift paper and pastry by top corners. Place paper-side-up in pie pan. Fit. Peel off paper. Flute all around. Set aside, and prepare filling.

TART AUX FRAISES
Strawberry Tart

Pastry

1½ c. all purpose flour
⅓ c. butter
1 tbsp. sugar
½ c. water
¼ tsp. salt

Mix together. Knead and form into a ball. Roll out and place onto an 8" pie plate. Bake until golden brown at 400°F. Prepare Cream Filling.

Cream Filling

2 c. scalded fresh milk
6 tbsps. flour
⅓ c. sugar
4 egg yolks
3 drops vanilla

For Topping

1½ c. fresh strawberries
¼ c. water
½ c. apple or guava jelly

Scald milk. Mix flour, sugar and eggs together forming a paste. Add scalded milk. Cook to make a medium thick cream. Pour cream filling (½ full) on cooled pie crust and arrange strawberries on top. Dissolve ½ cup apple jelly with ¼ cup water over medium fire. Use to glaze pie.

PINEAPPLE-CALAMANSI PUNCH

2½ c. pineapple juice
½ c. calamansi juice
1 c. ice
6 tbsps. sugar
⅛ to ¼ c. light rum (depending on desired strength of drink)

Mix all ingredients. Serve cold. Garnish with orange slices and maraschino cherries. Serves 5 to 6.
Note: Multiply to get desired number of servings.

PARTY PUNCH

6 c. pineapple juice
3 c. orange juice
1 c. lemon juice
1 c. water
1 c. sugar
24 whole cloves
4-3 inch sticks cinnamon
3 bottles ginger ale
½ c. light colored rum

Combine the juices. Boil water, sugar, spices together for five minutes. Cool and strain out spices. Add spiced syrup to juices. Chill thoroughly. At serving time, pour in ice-cold ginger ale and rum. Garnish with orange slices and maraschino cherries. Serves about 30 cups.

FRUIT PUNCH

2 c. boiling water
4 tsp. tea
¾ c. sugar
¾ c. orange juice
⅛ c. lemon juice
4 bottles ginger ale, cold
½ orange, sliced thin
Halved strawberries (optional)

Pour fresh boiling water over tea; steep for 5 minutes. Strain. Add orange and lemon juices. Chill thoroughly. Add ginger ale and pour over ice in punch bowl. Float orange slices and halved strawberries.

Cocktails

BLOODY MARY

1 jigger Vodka
3 oz. heavy tomato juice
½ oz. fresh lemon juice
4 drops worcestershire sauce
dash salt
dash pepper

Shake well with cracked ice and serve.

FROZEN DAIQUIRI

Juice of ½ lime or lemon
1 jigger (1½ oz.) light rum
1 tsp. powdered sugar

Place 2 cups of shaved ice in a blender. Add ingredients and blend until consistency of snow. Serve immediately in champagne glass with straws.

GIMLET

1½ oz. Gin
½ oz. Lime Juice Cordial
Slice of lemon and Cherry

Stir and serve in cocktail glass. Decorate with slice of lemon and cherry. Add ice if desired.

GIN AND TONIC

1 oz. Gin | Quinine water | Piece of lemon

Place St. George Dry Gin in a highball glass half-filled with cracked ice. Squeeze piece of lemon into it. Fill glass with quinine water and stir.

MARTINI

1 oz. Gin | 3 dashes Dry Vermouth

An olive and lemon peel

Stir with cracked ice and strain into a chilled cocktail glass. Add olive and a twist of lemon peel.

TOM COLLINS

1 tbsp. sugar | 1½ jiggers of gin

Juice of 1 lemon | Club Soda

slices of lemon and cherry

Fill tall glass with ice cubes. Add sugar, juice of lemon and gin. Fill with club soda. Stir. Decorate with slices of lemon and cherry.

PINK LADY

¼ oz. Grenadine | ¾ oz. gin | White of 1 egg

Shake grenadine and gin with egg white. Strain into cocktail glass.

COURTESY: LA TONDEÑA, INC.

CALORIE CHART OF COMMON FOODS

Food Item	Calories
1 tbsp. butter	100
1" cube cheddar cheese	113
½ c. evaporated milk	173
1 tbsp. cooking oil	124
1 tbsp. margarine	100
1 tbsp. mayonnaise	92
1 med. lakatan banana	55
1 med. bungulan banana	48
1 med. sized orange	70
1 med. apple	76
200 gm. papaya, ripe	92
1 tsp. calamansi juice	4
1 c. canned pineapple juice	121
½ c. cubed pineapple in syrup	114
½ c. canned peaches	87
1 c. shredded cabbage	25
½ c. beans (habichuelas)	17
½ c. Mongo beans (uncooked)	323

Food Item	Calories
1 med. boiled potato	120
½ c. sitaw	14
½ c. Sweet Potato (camote)	98
½ c. peanuts	406
100 gms. pork (with med. fat)	484
100 gms. beef (kabilugan)	221
100 gms. chicken	97
100 gms. bangus	121
100 gms. dalag	74
100 gms. hasa-hasa	95
100 gms. lapu-lapu	84
100 gms. shrimps	100
½ c. tuna	198
1 slice loaf bread	62
1 c. cooked rice	178
1 2" × 2" cracker	34
1 med. egg	64
1 tbsp. sugar	48
12 oz. bottle beer	162 - 200
8 oz. cola soft drink	110
1 c. milk	160 - 170

WEIGHTS AND MEASURES

1	teaspoon	—	⅓	tablespoon
1	tablespoon	—	3	teaspoons
2	tablespoons	—	⅛	cup (1 ounce)
4	tablespoans	—	¼	cup
5-⅓	tablespoons	—	⅓	cup
8	tablespoons	—	½	cup
16	tablespoons	—	1	cup
⅜	cup	—	5	tablespoons
⅝	cup	—	10	tablespoons
1	cup	—	½	pint
2	cups	—	1	pint
2	pints	—	1	quart
4	quarts	—	1	gallon
8	quarts	—	1	peck
4	pecks	—	1	bushel
1	pound	—	16	ounces
1	fluid ounce	—	2	tablespoons
16	fluid ounces	—	1	pint
1	jigger	—	1-½	fluid ounces (3 tablespoons)

APPROXIMATE CAN SIZES

Can Size	Weight	Contents
6 ounce	6 ounces	¾ cup
8 ounce	8 ounces	1 cup
No. 1	11 ounces	1-⅓ cups
12 ounce	12 ounces	1-½ cups
No. 303	16 ounces	2 cups
No. 2	20 ounces	2-½ cups
No. 2-½	28 ounces	3-½ cups

GLOSSARY

Chinese Ingredients

Ang-Chow — sediment or "latak" from glutinous rice wine.
Chaysim — pechay with flowers
Chorizo canton — Chinese sausage
Kangiodro
Misi — salted yellow-brown soybean
Misu — soy bean paste
Oyster Sauce — cantonese sauce made of ground dried oysters and salt.
Ngo-yong — all spice powder, several kinds of spices.
Tofu — soybean cheese, soft
Tahure — salted soybean cheese. There are two varieties, red and white.
Tawpe — dried soybean milk skin
Tausi — fermented soybean curd
Tokwa — soybean cheese, hard
Toyo — black, salty sauce from soyabeans; soy sauce
Aji-no-moto — a brand of monosodium glutamate
Tahu — geerlig cheese

Beef

Bias — shank
Kabilugan — flank
Kadera — rib roast
Kalitiran — beef shoulder (boneless)
Librilyo — omassum (stomach)
Paypay — chuck
Pierna corta at pierna larga — Round Cut
Punta y pecho — brisket
Solomilyo — tenderloin
Tadyang — plate
Tagiliran, hulihan — sirloin steak
Tagiliran, gitna — porterhouse steak
Tapadera — cow's rump
Ulo — head
Utak — brain

Fish and Shellfish

Abalone — sea ear
Alimasag — crabfish
Alimango — crab
Apahap — sea bass
Bagoong-alamang — small shrimps, salted and fermented
Bakokong moro — fresh water porgy
Balatan — trepang
Bangus — milkfish
Bidbid — ten pounder
Bitchu-bitchu — shrimp fritter
Dalag — mudfish
Dapa — rough scaled brill
Dilis — long jawed anchovy
Halaan — clams
Lapu-lapu — spotted grouper
Maya-maya — malabar red snapper
Shrimp juice — to obtain: pound the heads of shrimps, add water and strain.
Sugpo — tiger prawn
Tahong — salt water mussel
Talaba — oyster
Talangka — small crabs
Tinapa — smoked fish

Noodles

Bihon — rice noodles
Mike — wheat noodles
Miswa — fine wheat noodles
Pancit Canton — dried chinese noodles
Sotanghon — mung bean starch noodle

Pork

Goto — tripe
Lapay — pork spleen
Liked — pork back fat
Liempo sa tiyan — pork plate fat
Liempo sa hulihan — porkloin chop
Lomo — tenderloin

Pata — pig's feet
Paypay — pork shoulder (Boston butt)
Pigi — fresh pork ham
Sitsaron — pork cracklings
Tadyang — pork spareribs

Poultry

Kalapati pitson — squab
Balun-balunan — gizzard
Itlog ng pugo — quail eggs

Vegetables

Abitsuwelas — snap beans or green beans
Ampalaya — bittermelon
Achara — pickled vegetables
Apulid — water chestnuts
Batao — hyacinth bean
Dilaw — turmeric
Gabi — taro roots
Garbanzos — chickpea
Labong — bamboo shoot
Labanos — radish
Langka — jackfruit
Letsugas — native lettuce
Mongo — mung bean
Mustasa — mustard plant
Niyog, buko — coconut, young
Patola — sponge gourd
Pechay or petsay — Chinese cabbage
Pechay with flowers — chaysim
Remolatsa — beets
Bulaklak ng saging, tuyo — dried banana flowers
Saging, puso — banana heart
Sibuyas tagalog — native onions or shallots
Sinkamas — yam bean
Sitaw — yard-long bean
Sitsaro — or chicharo; sweet pea
Toge — mung bean sprout
Ubi — yam
Ubod — heart of palm
Upo — bottle gourd
Wansuey — coriander
Sigadillas — winged bean

Miscellaneous

Atsuete seeds — anatto seeds
Atsuete water-to obtain: soak ½ cup atsuete in 1 cup warm water, strain.
Bay leaf — the aromatic leaf of the bay tree, dried and used as seasoning.
Calamansi — native lemon
Capers — the flower buds of the caper bush, pickled and used for flavoring sauces.
Chorizo de bilbao — Spanish sausage
Croutons — bread fried in butter, olive oil or any kind of oil or toasted in oven until crisp.
Condensada — sweetened condensed milk
Dayap — lime
Dilaw juice or turmeric juice — to obtain: pound dilaw or turmeric acid water and extract juice.
Ginger juice — pound ginger root, add water and extract juice.
Linga — sesame seeds
Morcillas — blood sausage
Nido — bird's nest
Oregano — any of a number of plants of the mint family especially Origanum Bulgare, the fragrant leaves of which are used in seasoning.
Patis — concentrated juice of salted fish, fish sauce.
Rice water — water obtained from washing uncooked rice.
Rice wine — wine obtained from glutinous rice.
Rock salt — coarse salt
Sago — tapioca
Salitre — commonly known as saltpeter; chem. name — potassium nitrate.
Taingang-daga — black wood ear

NORA V. DAZA

To the saying that the world is a stage, Nora Daza adds: "Life is a meal."

Live it with flavor, spice it with interest in people, places and things, serve it with a feast of color, and life becomes full and rich.

Her basic philosophy of making life useful and flavorful has guided her through a checkerboard of careers. From conducting a column in a Women's Magazine to starring for eight (8) years on a television show for housewives, from civic duties in helping boost tourism to her private world of bowling, hunting, fishing, horse back riding, reading, writing and entertaining friends, she shows her zest for living in a variety of ways.

An alumna of the University of the Philippines, where she earned her B.S. in Home Economics, she added a Master of Science (major Restaurant and Institution Management) from Cornell University in Ithaca, New York. It was Cornell that awarded her membership in the Phi Kappa Phi Honor Society.

She has held the position of Vice-President of the Philippine Association of Nutrition, Secretary of the Hotel and Restaurant Association of the Philippines; Adviser-Admiral Homemakers Club; Director, Hotel and Tourist Industries of the Philippines and President, Philippine Home Economists in Business.

To sum up her "joie de vivre," Nora Daza, two years ago went into the restaurant business by putting up Au Bon Vivant, known as Manila's only authentic French restaurant. More a labor of love than a business enterprise, Au Bon Vivant is the crystallization of her philosophy that life should be enjoyed like a good meal.

The 300-plus recipes in this book, simple but savory, are another proof that Nora V. Daza brings to everything she does her own style and that aroma of success.